

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Wednesday - 05/01/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990090 Dino Nuggets	1 Cup	1	489	5.82	349	2	*N/A*	30.27	*N/A*	93	32.59	0.00	23.28	*N/A*	21.0	*N/A*	2.33
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000315 Baked Chips-Selection Varies	1 Bag	1	130	0.00	200	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			890	8.50	907	*20	*0	36.83	*0.08	118	98.09	*5.50	42.47	*3207	*621.5	*22.40	*3.75
% of Calories				8.60%		*9.0%	*0%	37.2%	*0.1%		44.1%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/02/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	*N/A*	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			694	7.00	1128	*26	*0	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72
% of Calories				9.08%		*15.0%	*0%	30.1%	*0.0%		49.5%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/03/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
990072 String Cheese	1	1	90	5.00	180	0	*N/A*	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			676	10.68	1008	*18	*0	17.57	*0.08	60	95.50	*5.50	33.19	*3207	*778.6	*20.00	*1.12
% of Calories				14.22 %		*10.7%	*0%	23.4%	*0.1%		56.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 05/06/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000149 CHEESEBURGER ON A BUN	EACH	1	394	10.64	726	4	*N/A*	23.16	*0.34	78	22.41	0.76	22.77	366	363.2	0.55	3.04
000387 Baked Fries	1 Serving	1	180	0.50	230	*N/A*	*N/A*	7.00	0.00	0	26.00	3.00	3.00	0	0.0	4.80	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			846	13.82	1315	*22	*0	34.73	*0.41	103	87.91	*7.26	42.96	*3573	*943.7	*25.35	*4.82
% of Calories				14.70 %		*10.4%	*0%	36.9%	*0.4%		41.6%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000614 Macaroni and Cheese	1 Cup	1	370	7.00	1180	*N/A*	*N/A*	17.00	0.00	25	39.00	2.00	16.00	0	0.0	0.00	0.00
000348 Green Beans	2/3 Cup	1	47	1.18	15	*0	*N/A*	1.87	0.08	5	5.00	2.00	1.02	157	40.6	3.60	0.36
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
000228 MILK,1% Chocolate	HALF PINT	1	160	1.54	162	25	*N/A*	2.78	*N/A*	12	25.38	0.25	8.65	435	322.5	1.00	0.58
Weighted Daily Average			702	11.22	1477	*25	*0	24.34	*0.08	57	85.88	*5.75	34.17	*592	*653.1	*4.60	*0.94
% of Calories				14.38 %		*14.2%	*0%	31.2%	*0.1%		48.9%		19.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/08/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000401 Meatball Sandwich 1-6	1 Sandwich	1	343	4.69	899	*N/A*	*N/A*	15.24	0.34	30	35.87	2.17	14.06	382	87.1	5.30	3.05
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			808	7.69	1354	*18	*0	30.14	*0.34	50	98.37	*7.17	34.56	*532	*687.1	*11.30	*3.87
% of Calories				8.57%		*8.9%	*0%	33.6%	*0.4%		48.7%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/09/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	*N/A*	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			694	7.00	1128	*26	*0	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72
% of Calories				9.08%		*15.0%	*0%	30.1%	*0.0%		49.5%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000728 Cheese Quesadilla	1 Serving	1	330	11.50	640	*N/A*	*N/A*	19.00	0.00	40	22.00	1.00	16.00	60	400.0	0.00	1.08
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36
000479 Salsa - 2TBS	2 TBS	1	10	0.00	210	*N/A*	*N/A*	0.00	0.00	0	2.00	0.00	0.00	100	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			713	14.00	1300	*18	*0	28.70	*0.00	60	77.50	*3.50	34.50	*310	*1020.0	*0.00	*1.54
% of Calories				17.67 %		*10.1%	*0%	36.2%	*0.0%		43.5%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 05/13/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000403 Hot Dog on a Wheat Bun	1 Hot Dog	1	262	4.00	650	*N/A*	*N/A*	12.50	0.00	25	26.52	0.00	11.18	0	50.3	0.00	2.02
000315 Baked Chips-Selection Varies	1 Bag	1	130	0.00	200	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			647	5.50	1180	*18	*0	17.40	*0.00	45	92.02	*5.00	30.68	*150	*650.3	*2.40	*2.48
% of Calories				7.65%		*11.1%	*0%	24.2%	*0.0%		56.9%		19.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/14/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000640 Pork Eggroll	1 Roll	1	180	2.00	460	*N/A*	*N/A*	9.00	0.00	15	18.00	2.00	7.00	500	20.0	9.00	1.80
000372 Vegetable Eggroll	Roll	1	140	0.00	480	*N/A*	*N/A*	4.50	0.00	5	22.00	2.00	4.00	125	20.0	12.00	1.08
000340 Brown Rice	3/4 cup	1	136	0.62	8	*0	*N/A*	2.10	0.04	3	26.25	1.50	3.01	30	0.3	0.00	0.54
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			728	5.30	1306	*18	*0	20.16	*0.11	48	105.75	*9.00	31.20	*3862	*620.8	*41.00	*4.48
% of Calories				6.55%		*9.9%	*0%	24.9%	*0.1%		58.1%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/15/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000414 Turkey Sandwich on Wheat	Sandwich	1	331	8.01	1542	*1	*N/A*	14.56	0.00	50	33.22	*2.42	20.31	842	244.7	3.16	2.28
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			812	12.19	2026	*19	*0	31.13	*0.08	75	95.72	*7.92	40.50	*4049	*845.3	*29.16	*4.06
% of Calories				13.51 %		*9.4%	*0%	34.5%	*0.1%		47.2%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/16/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	*N/A*	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			694	7.00	1128	*26	*0	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72
% of Calories				9.08%		*15.0%	*0%	30.1%	*0.0%		49.5%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/17/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
990072 String Cheese	1	1	90	5.00	180	0	*N/A*	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			676	10.68	1008	*18	*0	17.57	*0.08	60	95.50	*5.50	33.19	*3207	*778.6	*20.00	*1.12
% of Calories				14.22 %		*10.7%	*0%	23.4%	*0.1%		56.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Monday - 05/20/2024 Reimbursable Meal Total 2

	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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000357 Grilled Cheese	Sandwich	1	330	11.61	995	*0	*N/A*	19.70	0.23	45	30.00	2.00	12.06	776	241.7	0.00	2.16
000358 Tomato Soup	Cup	1	141	1.27	784	6	*N/A*	2.18	*0.00	6	25.08	2.00	6.11	639	152.5	4.80	0.40
000315 Baked Chips-Selection Varies	1 Bag	1	130	0.00	200	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			437	7.78	1169	*12	*0	14.22	*0.15	38	60.30	*4.75	18.68	*2311	*497.4	*13.60	*1.99
% of Calories				16.02 %		*11.0%	*0%	29.3%	*0.3%		55.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/21/2024 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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990084 CHICKEN & VEGETABLE DUMPLINGS	96	1	150	*N/A*	310	4	2	3.50	*N/A*	*N/A*	28.00	*N/A*	8.00	*N/A*	14.0	*N/A*	2.00
000777 Vegetable Brown Rice	Serving	1	214	0.50	244	*N/A*	*N/A*	5.00	0.00	0	37.63	2.74	4.74	641	5.0	1.49	0.81
005046 TERIYAKI SAUCE	2 TBSP	1	36	0.01	605	*7	*N/A*	0.03	*0.00	0	9.15	0.09	0.58	120	6.6	0.93	0.24

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			672	*3.19	1517	*29	*2	13.10	*0.08	*25	114.28	*6.34	30.51	*3968	*606.1	*22.42	*4.10
% of Calories				*4.27%		*17.3%	*1.2%	17.5%	*0.1%		68.0%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/22/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000823 Turkey Taco Meat - WJHS	2/3 Cup	1	153	1.74	415	*0	*N/A*	7.07	0.09	59	4.38	0.64	17.04	257	22.6	1.24	0.99
000340 Brown Rice	3/4 cup	1	136	0.62	8	*0	*N/A*	2.10	0.04	3	26.25	1.50	3.01	30	0.3	0.00	0.54
000822 Nacho Cheese - WJHS	1/2 Cup	1	168	8.69	345	*N/A*	*N/A*	12.13	0.00	33	6.38	0.00	8.25	363	238.0	0.23	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36
000496 Salsa - 1TBS	1 TBS	1	5	0.00	105	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	50	0.0	0.00	0.00
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			871	14.72	1351	*18	*0	32.86	*0.20	120	95.52	*6.64	47.49	*3907	*881.4	*21.47	*2.95
% of Calories				15.21 %		*8.3%	*0%	34.0%	*0.2%		43.9%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/23/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	*N/A*	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			694	7.00	1128	*26	*0	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72
% of Calories				9.08%		*15.0%	*0%	30.1%	*0.0%		49.5%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000838 BLT Sandwich on Wheat Bread	Sandwich	1	224	2.01	522	*1	*N/A*	9.05	0.00	15	27.93	2.30	9.22	192	42.9	2.88	3.31
000315 Baked Chips-Selection Varies	1 Bag	1	130	0.00	200	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			626	4.69	1080	*19	*0	15.61	*0.08	40	93.43	*7.80	28.41	*3399	*643.5	*25.28	*4.73
% of Calories				6.74%		*12.1%	*0%	22.4%	*0.1%		59.7%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/28/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000384 Mini Turkey Corn Dogs	5 Corn Dogs	1	240	3.00	560	*N/A*	*N/A*	14.00	0.00	35	21.00	0.00	8.00	0	100.0	0.00	1.80
000315 Baked Chips-Selection Varies	1 Bag	1	130	0.00	200	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			641	5.68	1118	*18	*0	20.57	*0.08	60	86.50	*5.50	27.19	*3207	*700.6	*22.40	*3.22
% of Calories				7.98%		*11.2%	*0%	28.9%	*0.1%		54.0%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/29/2024

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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000823 Turkey Taco Meat - WJHS	2/3 Cup	1	153	1.74	415	*0	*N/A*	7.07	0.09	59	4.38	0.64	17.04	257	22.6	1.24	0.99
000822 Nacho Cheese - WJHS	1/2 Cup	1	168	8.69	345	*N/A*	*N/A*	12.13	0.00	33	6.38	0.00	8.25	363	238.0	0.23	0.00
000338 Tortilla Chips	1 oz	1	138	1.00	120	*N/A*	*N/A*	7.00	0.00	0	18.00	1.00	2.00	0	40.0	0.00	0.36
000496 Salsa - 1TBS	1 TBS	1	5	0.00	105	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	50	0.0	0.00	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			735	14.10	1343	*18	*0	30.76	*0.16	117	69.27	*5.14	44.48	*3877	*881.1	*21.47	*2.41
% of Calories				17.27 %		*9.8%	*0%	37.7%	*0.2%		37.7%		24.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Thursday - 05/30/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	*N/A*	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60
000485 Salad	4 oz Food Tray	1	69	3.00	108	*N/A*	*N/A*	4.50	0.00	15	2.43	0.40	3.90	4301	116.0	10.35	1.02
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			694	7.00	1128	*26	*0	23.20	*0.00	45	85.93	*3.90	33.40	*4451	*926.0	*10.35	*6.72
% of Calories				9.08%		*15.0%	*0%	30.1%	*0.0%		49.5%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/31/2024

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)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990072 String Cheese	1	1	90	5.00	180	0	*N/A*	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			676	10.68	1008	*18	*0	17.57	*0.08	60	95.50	*5.50	33.19	*3207	*778.6	*20.00	*1.12
% of Calories				14.22 %		*10.7%	*0%	23.4%	*0.1%		56.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=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)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	710	*8.88	1232	*21	*0	23.60	*0.10	*62	89.85	*5.60	34.29	*3128	*782.6	*17.03	*3.74
% of Calories		*11.26%		*11.8%	*0%	29.9%	*0.1%		50.6%		19.3%				

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.