

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru May 31, 2024

Menu Name: Highcrest Middle School

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)
000066 Chicken Pasta Caesar Salad	8 oz	1	570	8.14	1345	*1	*N/A*	40.11	*0.00	797	26.57	1.44	23.37	1268	147.1	13.02	3.89
000314 Whole Wheat Roll	1 Roll	1	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	14.00	2.00	5.00	0	40.0	0.00	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*
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
000778 Cream of Broccoli Soup	1-Cup	1	187	9.03	1727	*0	*N/A*	10.08	0.00	0	23.46	0.57	1.62	237	30.3	19.62	0.16
Weighted Daily Average			1073	18.67	3562	*20	*0	53.90	*0.00	817	99.53	*5.51	46.49	*1655	*797.5	*32.65	*4.87
% of Calories				15.66 %		*7.5%	*0%	45.2%	*0.0%		37.1%		17.3%				
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)
990082 Pepperoni Pizza Slice	1	1	430	4.00	930	*8	*N/A*	20.00	*0.00	25	49.00	*2.00	*13.00	*N/A*	233.0	*0.00	1005.60
990083 Cheese Pizza Slice	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

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)
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			1124	11.00	2058	*34	*0	43.20	*0.00	70	134.93	*5.90	*46.40	*4451	*1159.0	*10.35	*1012.3 ₂
% of Calories				8.81%		*12.1%	*0%	34.6%	*0.0%		48.0%		*16.5%				
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)
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
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
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			697	6.00	1210	*18	*0	22.40	*0.00	45	92.02	*6.00	31.68	*150	*630.3	*4.80	*2.84
% of Calories				7.75%		*10.3%	*0%	28.9%	*0.0%		52.8%		18.2%				
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)
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
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
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	6.19	1429	*18	*0	20.14	*0.34	50	101.37	*7.17	33.56	*532	*687.1	*7.70	*3.51
% of Calories				7.65%		*9.9%	*0%	24.9%	*0.4%		55.7%		18.4%				
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)
000606 Grilled Chicken on a Wheat Bun	1 Sandwich	1	254	0.47	554	*N/A*	*N/A*	3.57	50.00	50	26.00	2.00	26.52	0	50.0	0.00	1.70
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
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			655	3.15	1112	*18	*0	10.14	*50.08	75	91.50	*7.50	45.71	*3207	*650.6	*22.40	*3.12
% of Calories				4.33%		*11.0%	*0%	13.9%	*68.8%		55.9%		27.9%				
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)
000396 Chicken Fajita's - Soft Shell	1 Shell	1	219	1.00	751	*0	*N/A*	4.51	0.00	60	20.02	2.80	26.42	118	85.0	25.40	1.94
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
000317 Corn	Serving	1	89	0.62	318	*0	*N/A*	1.97	0.04	3	19.00	2.00	2.01	30	0.3	3.60	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

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			679	3.74	1407	*18	*0	11.28	*0.08	85	100.77	*7.80	47.94	*328	*665.6	*29.00	*2.58
% of Calories				4.96%		*10.6%	*0%	15.0%	*0.1%		59.4%		28.2%				
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)
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
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*
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
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									

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)
000753 Italian Chicken Tenders, Barbe	3 Pieces (4 oz)	1	220	1.50	650	*N/A*	*N/A*	9.00	0.00	40	17.00	1.00	18.00	0	20.0	1.20	1.08
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
990028 Mixed Vegetable California	3 oz	1	21	*N/A*	25	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	4.17	*N/A*	1.67	*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			656	*3.50	1235	*18	*0	*18.70	*0.00	*60	82.67	*5.50	39.17	*150	*600.0	*6.00	*1.90
% of Calories				*4.80%		*11.0%	*0%	*25.7%	*0.0%		50.4%		23.9%				
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)
000354 Waffles - Belchef	2 Waffles	1	180	0.00	480	*N/A*	*N/A*	3.00	0.00	0	36.00	0.00	4.00	0	80.0	0.00	1.44
000300 Turkey Sausage	2 Sausages	1	140	3.50	430	*N/A*	*N/A*	11.00	0.00	60	0.00	0.00	10.00	100	0.0	1.20	0.72
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
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
990076 SYRUP CUP MAPLE	1	1	110	0.00	20	22	*N/A*	0.00	0.00	0	29.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			701	6.18	1288	*40	*0	18.57	*0.08	85	104.50	*3.50	31.19	*3307	*660.6	*21.20	*3.22
% of Calories				7.93%		*22.8%	*0%	23.8%	*0.1%		59.6%		17.8%				
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000513 Buffalo Chicken Salad - WJHS	1 Serving	1	118	2.18	779	*0	*N/A*	4.87	0.08	45	2.60	0.80	15.82	1857	32.6	16.80	0.86
000314 Whole Wheat Roll	1 Roll	1	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	14.00	2.00	5.00	0	40.0	0.00	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*
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
000776 Old Fashion Chicken Noodle	1 Cup	1	78	0.00	980	*N/A*	*N/A*	1.50	0.00	20	12.00	1.00	6.00	1250	20.0	1.20	0.72
Weighted Daily Average			511	3.68	2249	*18	*0	10.07	*0.08	85	64.10	*5.30	43.32	*3257	*672.6	*18.00	*2.40
% of Calories				6.48%		*14.1%	*0%	17.7%	*0.1%		50.2%		33.9%				
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990083 Cheese Pizza Slice	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
990085 Sausage Slice	1	1	580	8.50	1170	*8	*N/A*	33.00	*0.00	45	49.00	*2.00	20.00	*N/A*	260.0	*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
000396 Chicken Fajita's - Soft Shell	1 Shell	1	219	1.00	751	*0	*N/A*	4.51	0.00	60	20.02	2.80	26.42	118	85.0	25.40	1.94
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
000317 Corn	Serving	1	89	0.62	318	*0	*N/A*	1.97	0.04	3	19.00	2.00	2.01	30	0.3	3.60	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			1953	19.24	3705	*52	*0	67.48	*0.08	175	235.70	*13.70	101.34	*4779	*1851.6	*39.35	*14.89
% of Calories				8.87%		*10.7%	*0%	31.1%	*0.0%		48.3%		20.8%				
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)
000463 BBQ Chicken Wings	1 Serving	1	251	4.39	477	*N/A*	*N/A*	16.32	*N/A*	132	5.02	0.00	22.60	126	75.3	0.00	1.36
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			653	7.07	1035	*18	*0	22.88	*0.08	157	70.52	*5.50	41.78	*3333	*675.9	*22.40	*2.78
% of Calories				9.74%		*11.0%	*0%	31.5%	*0.1%		43.2%		25.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

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)
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
000317 Corn	Serving	1	89	0.62	318	*0	*N/A*	1.97	0.04	3	19.00	2.00	2.01	30	0.3	3.60	0.00
000543 Spanish Rice	1 Serving	1	170	0.00	720	*N/A*	*N/A*	0.00	0.00	0	38.00	2.00	4.00	750	20.0	2.40	1.08
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			412	6.81	1004	*9	*0	11.84	*0.02	31	57.25	*3.25	19.26	*495	*500.1	*3.00	*1.13
% of Calories				14.88 %		*8.7%	*0%	25.9%	*0.0%		55.6%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/21/2024

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)
000066 Chicken Pasta Caesar Salad	8 oz	1	570	8.14	1345	*1	*N/A*	40.11	*0.00	797	26.57	1.44	23.37	1268	147.1	13.02	3.89
000314 Whole Wheat Roll	1 Roll	1	80	0.00	160	*N/A*	*N/A*	1.00	0.00	0	14.00	2.00	5.00	0	40.0	0.00	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*
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			885	9.64	1835	*19	*0	43.81	*0.00	817	76.07	*4.94	44.87	*1418	*767.1	*13.02	*4.71
% of Calories				9.80%		*8.6%	*0%	44.6%	*0.0%		34.4%		20.3%				
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)
000140 TACO SALAD	SERVING	1	274	6.69	273	*2	*N/A*	15.77	*0.04	49	17.82	2.47	15.17	623	145.6	3.22	1.82
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			578	11.19	711	*20	*0	22.97	*0.04	84	55.75	*4.37	35.57	*5074	*841.6	*13.57	*2.94
% of Calories				17.42 %		*13.8%	*0%	35.8%	*0.1%		38.6%		24.6%				
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 2

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)
000673 Grilled Chicken Breast	1 Piece	1	129	0.14	75	*N/A*	*N/A*	2.50	0.07	65	0.00	0.00	26.00	0	0.0	1.20	0.72
000524 BBQ Sauce	2 TBS	1	15	0.00	370	0	*N/A*	0.00	0.00	0	3.00	0.00	0.00	200	0.0	2.40	0.36
000509 Mashed Potatoes	1 Scoop	1	102	0.15	31	*N/A*	*N/A*	0.25	0.00	1	21.08	2.00	2.04	8	1.7	30.00	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*
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
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			264	1.49	410	*9	*0	3.66	*0.07	45	32.29	*2.75	22.78	*258	*311.1	*18.60	*0.95
% of Calories				5.08%		*13.6%	*0%	12.5%	*0.2%		48.9%		34.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/28/2024

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
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*

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)
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									

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)
000462 Italian Beef Sandwich	1 Sandwich	1	250	2.50	570	*N/A*	*N/A*	7.00	*0.00	35	31.00	1.00	18.00	0	60.0	0.00	1.44
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
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
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
Weighted Daily Average			701	5.68	1158	*18	*0	18.57	*0.08	60	96.50	*7.50	38.19	*3207	*640.6	*24.80	*3.22
% of Calories				7.29%		*10.3%	*0%	23.8%	*0.1%		55.1%		21.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/30/2024

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)
990082 Pepperoni Pizza Slice	1	1	430	4.00	930	*8	*N/A*	20.00	*0.00	25	49.00	*2.00	*13.00	*N/A*	233.0	*0.00	1005.60
990083 Cheese Pizza Slice	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			1124	11.00	2058	*34	*0	43.20	*0.00	70	134.93	*5.90	*46.40	*4451	*1159.0	*10.35	*1012.3 2
% of Calories				8.81%		*12.1%	*0%	34.6%	*0.0%		48.0%		*16.5%				
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)
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
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*
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

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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)
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
Weighted Daily Average			691	11.22	1491	*25	*0	24.34	*0.08	57	84.88	*5.75	33.84	*3492	*613.1	*21.00	*1.54
% of Calories				14.61 %		*14.5%	*0%	31.7%	*0.1%		49.1%		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	756	*7.84	1531	*22	*0	*24.91	*2.34	*138	93.33	*5.88	*39.37	*2664	*766.1	*17.89	*95.51
% of Calories		*9.33%		*11.6%	*0%	*29.7%	*2.8%		49.4%		*20.8%				

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.