

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name: McKenzie Elementary School

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/01/2024

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)
000346 Rotini	6 oz	1	249	1.18	231	*0	*N/A*	3.32	0.08	5	45.50	2.90	7.92	192	18.6	4.05	2.29
000360 Butter	1/2 TSP	1	9	0.62	8	0	*N/A*	0.97	0.04	3	0.00	0.00	0.01	30	0.3	0.00	0.00
000359 Breadstick	Stick	1	130	0.00	250	*N/A*	*N/A*	0.50	0.00	0	27.00	1.00	4.00	0	0.0	0.00	1.80
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			659	4.48	847	*18	*0	9.35	*0.19	32	112.00	*7.40	29.12	*3430	*599.4	*24.05	*5.15
% of Calories				6.12%		*10.9%	*0%	12.8%	*0.3%		68.0%		17.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/02/2024

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)
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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)	
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
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
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
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				1009	15.72	1471	*18	*0	39.86	*0.20	120	113.52	*7.64	49.49	*3907	*921.4	*21.47	*3.31
% of Calories					14.02 %		*7.1%	*0%	35.6%	*0.2%		45.0%		19.6%				
Weekly Nutrient Guideline				550 - 650	<10	1110			<=0									

Wednesday - 04/03/2024

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)	
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
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
990028	Mixed Vegetable California	3 oz	1	21	*N/A*	25	*N/A*	*N/A*	*N/A*	*N/A*	4.17	*N/A*	1.67	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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			606	*3.00	1205	*18	*0	*13.70	*0.00	*60	82.67	*4.50	38.17	*150	*620.0	*3.60	*1.54
% of Calories				*4.46%		*11.9%	*0%	*20.3%	*0.0%		54.6%		25.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 04/04/2024

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 - 04/05/2024

Reimbursable Meal Total 2

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
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
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			366	7.15	777	*9	*0	13.14	*0.15	35	47.75	*3.75	15.62	*1992	*421.1	*11.20	*1.79
% of Calories				17.58 %		*9.8%	*0%	32.3%	*0.4%		52.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 04/08/2024

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)
000402 Chicken Nuggets - R	1 Serving	1	210	2.50	470	*N/A*	*N/A*	11.00	*N/A*	20	15.00	1.00	12.00	100	20.0	0.00	1.08
000494 Chicken Gravy	1/4 Cup	1	35	0.50	300	*N/A*	*N/A*	2.00	0.00	0	4.00	0.00	1.00	0	0.0	0.00	0.00
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
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*

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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			671	5.26	1448	*18	*0	17.92	*0.04	43	94.58	*6.50	33.55	*288	*602.0	*33.60	*1.54
% of Calories				7.06%		*10.7%	*0%	24.0%	*0.1%		56.4%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 04/09/2024

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)
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									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Wednesday - 04/10/2024 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)	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
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			796	13.32	1285	*22	*0	29.73	*0.41	103	87.91	*6.26	41.96	*3573	*963.7	*22.95	*4.46
% of Calories				15.06 %		*11.1%	*0%	33.6%	*0.5%		44.2%		21.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 04/11/2024 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)	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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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 - 04/12/2024

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

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/15/2024

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
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									

Tuesday - 04/16/2024

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)
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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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			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									

Wednesday - 04/17/2024

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)
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									

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Thursday - 04/18/2024

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 - 04/19/2024

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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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			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 - 04/23/2024

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)
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
000822 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			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									

Wednesday - 04/24/2024

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
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			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 - 04/25/2024

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)	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

Apr 1, 2024 thru Apr 30, 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 - 04/26/2024

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

Apr 1, 2024 thru Apr 30, 2024

Monday - 04/29/2024

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)
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
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									

Tuesday - 04/30/2024

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)
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

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 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)
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									

	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)
Weighted Averages	682	*7.45	1213	*20	*0	*20.46	*0.10	*63	90.36	*5.58	34.24	*2856	*731.9	*18.28	*3.58
% of Calories		*9.83%		*11.7%	*0%	*27.0%	*0.1%		53.0%		20.1%				

- *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.