

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

Menu Name: Elementary Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 07/28/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001597 Pizza, 16" WG pizza Guys EL/10sl	slice	1	378	5.70	936	13.20	46.80	15.60
000383 Pizza, Luncheable Kit, Cheese	ea	1	312	6.04	642	11.21	34.30	19.38
990248 Bosco Pepperoni Sticks (2)	each	1	500	9.00	1020	18.00	60.00	22.00
001403 Yogurt, Parfait w/Granola Pack	servings	1	546	2.00	278	8.61	106.50	12.45
990133 Juice Cup frozen, Assorted Whole fruit	each (4oz)	1	78	0.00	8	0.00	19.25	0.00
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack- turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000895 Fruit Basket, Assorted Summer	1/2 cup	7	74	0.05	1	0.43	18.29	1.44
001214 Garden Bar EL - Wednesday	3/4 cup	7	1	0.00	2	0.00	0.21	0.02
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00

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Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			547	5.15	765	12.25	86.05	25.34
% of Calories				8.47%		20.2%	62.9%	18.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Thursday - 07/29/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000400 Beef Hot Dog on bun	each	1	299	5.50	740	15.00	32.00	10.00
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
001345 Garden Bar EL - Thursday	3/4 cup	7	118	0.21	248	0.87	24.23	5.82
990170 Baked Beans	each	7	140	0.00	550	1.00	29.00	6.00
000895 Fruit Basket, Assorted Summer	1/2 cup	7	74	0.05	1	0.43	18.29	1.44
001319 Chips, assorted	each	7	105	0.75	150	5.00	13.50	1.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			910	5.40	1581	21.54	149.86	35.65
% of Calories				5.34%		21.3%	65.9%	15.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Friday - 07/30/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000988 Chicken Patty Sandwich regular	each	1	363	2.00	613	10.00	43.00	24.00
000105 Chicken Patty Sandwich Spicy	each	1	362	2.10	620	10.00	41.00	25.00
000398 Mozzarella Cheese breadsticks, ConAgra	2Pack	1	290	6.00	690	11.00	27.00	19.00
000667 Entree, Mozz Cheese Sticks, Bosco	serving	1	308	5.67	487	11.28	32.40	19.86
001589 Entree, Cheese Cruncher	each	1	420	9.00	790	20.00	41.00	20.00
990176 Pizza, Pull apart pillows, cheese	each	1	290	5.00	630	14.00	29.00	15.00
990246 Marinara Sauce Cup	each	4	40	0.00	200	1.00	7.00	1.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
001342 Garden Bar EL - Friday	3/4 cup	10	56	0.07	65	0.24	10.81	3.47
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			621	5.08	877	14.01	94.13	32.37
% of Calories				7.36%		20.3%	60.6%	20.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Monday - 08/02/2021

Reimbursable Meal Total 8

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001108 Burger, cheese BUSD	each	1	375	7.00	635	17.00	29.00	24.50
990036 Burger, BUSD	each	1	340	5.50	480	15.00	28.00	21.00
990084 Grilled Cheese Sandwich	each	1	300	6.00	920	10.00	34.00	20.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
001343 Garden Bar EL - Monday	3/4 cup	8	128	0.18	348	1.02	27.43	5.21
001165 Fruit, Canned, Assorted	1/2 cup	4	68	0.01	6	0.06	17.40	0.55
000895 Fruit Basket, Assorted Summer	1/2 cup	4	74	0.05	1	0.43	18.29	1.44
001319 Chips, assorted	each	8	105	0.75	150	5.00	13.50	1.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			846	6.85	1302	21.30	131.93	36.70
% of Calories				7.29%		22.7%	62.4%	17.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Tuesday - 08/03/2021

Reimbursable Meal Total 12

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990099 Bowl, Orange Chicken w/Rice elem	servings	1	501	3.00	973	17.60	59.11	20.41
000528 Cookie, Fortune	each	1	35	0.00	10	0.00	7.00	0.00
000148 Burrito, B&C Grilled: TruNat	each	1	360	0.00	480	14.00	45.00	14.00
001238 Burrito, Assorted	each	1	354	3.92	569	12.83	43.01	17.65
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
001090 Sandwich, Sunbutter & Jelly	each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	12	74	0.05	1	0.43	18.29	1.44
001371 Garden Bar EL - Tuesday	3/4 cup	12	22	0.04	19	0.15	3.87	1.72
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	4	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	4	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00

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Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			589	3.93	705	14.31	90.10	27.79
% of Calories				6.01%		21.9%	61.2%	18.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Wednesday - 08/04/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001597 Pizza, 16" WG pizza Guys EL/10sl	slice	1	378	5.70	936	13.20	46.80	15.60
000383 Pizza, Luncheable Kit, Cheese	ea	1	312	6.04	642	11.21	34.30	19.38
001403 Yogurt, Parfait w/Granola Pack	servings	1	546	2.00	278	8.61	106.50	12.45
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack- turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
001214 Garden Bar EL - Wednesday	3/4 cup	7	1	0.00	2	0.00	0.21	0.02
000884 Juice Cup, Assorted Frz Fruit Rosati	each (4oz)	7	99	0.00	15	0.00	25.00	0.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			673	5.69	849	14.54	109.47	28.15
% of Calories				7.61%		19.4%	65.1%	16.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Thursday - 08/05/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001299 Pasta, Mac & Cheese,, Elem	serv 6oz	1	280	5.00	670	11.00	29.00	17.00
990037 Corn Dog, chicken bulk	each	1	240	2.50	390	8.00	30.00	9.00
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001345 Garden Bar EL - Thursday	3/4 cup	10	118	0.21	248	0.87	24.23	5.82
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			685	4.77	944	14.97	110.73	32.31
% of Calories				6.27%		19.7%	64.7%	18.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Friday - 08/06/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000953 Chicken Tender strips elem (3)	serving	1	214	2.00	452	7.00	18.00	20.00
001504 Breakfast, Waffle, Dutch WG	each	1	421	3.00	380	13.00	73.37	*4.00
990176 Pizza, Pull apart pillows, cheese	each	1	290	5.00	630	14.00	29.00	15.00
990246 Marinara Sauce Cup	each	1	40	0.00	200	1.00	7.00	1.00
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22

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Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	7	74	0.05	1	0.43	18.29	1.44
001342 Garden Bar EL - Friday	3/4 cup	7	56	0.07	65	0.24	10.81	3.47
001096 Cookie, WG Chocolate Chip	each	4	156	1.80	144	5.40	26.40	2.40
001506 Cookie, WG Celebration Cookie	each	3	142	1.30	107	4.40	23.90	1.90
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			876	7.26	1043	21.82	140.51	*35.59
% of Calories				7.46%		22.4%	64.2%	*16.3%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Monday - 08/09/2021

Reimbursable Meal Total 8

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990125 Sandwich, BBQ Pulled Pork, Elem	servings	1	362	3.39	857	10.67	40.00	26.59

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Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000366 Pocket, Pizza	each	1	250	2.00	410	8.00	32.00	14.00
000070 Pocket, Taco	each	1	310	2.50	420	10.00	40.00	18.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
001165 Fruit, Canned, Assorted	1/2 cup	4	68	0.01	6	0.06	17.40	0.55
000895 Fruit Basket, Assorted Summer	1/2 cup	4	74	0.05	1	0.43	18.29	1.44
990170 Baked Beans	each	4	140	0.00	550	1.00	29.00	6.00
001343 Garden Bar EL - Monday	3/4 cup	4	128	0.18	348	1.02	27.43	5.21
001319 Chips, assorted	each	8	105	0.75	150	5.00	13.50	1.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00

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Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			841	5.43	1360	19.62	135.33	36.23
% of Calories				5.81%		21.0%	64.4%	17.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Tuesday - 08/10/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990157 Bowl, Teriyaki Chicken Elem Tyson	each	1	303	1.86	499	7.11	37.30	*21.01
000528 Cookie, Fortune	each	1	35	0.00	10	0.00	7.00	0.00
000881 Quesadilla, Cheese & Grn Chili Arizona	serving	1	458	9.96	697	19.91	43.81	21.90
990247 Salsa Cup 3oz	each	1	25	0.00	195	0.00	5.00	1.00
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001371 Garden Bar EL - Tuesday	3/4 cup	10	22	0.04	19	0.15	3.87	1.72
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			612	4.91	750	14.81	92.89	*29.70
% of Calories				7.22%		21.8%	60.7%	*19.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Wednesday - 08/11/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001597 Pizza, 16" WG pizza Guys EL/10sl	slice	1	378	5.70	936	13.20	46.80	15.60
000383 Pizza, Luncheable Kit, Cheese	ea	1	312	6.04	642	11.21	34.30	19.38
001403 Yogurt, Parfait w/Granola Pack	servings	1	546	2.00	278	8.61	106.50	12.45
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
001214 Garden Bar EL - Wednesday	3/4 cup	7	1	0.00	2	0.00	0.21	0.02
000884 Juice Cup, Assorted Frz Fruit Rosati	each (4oz)	7	99	0.00	15	0.00	25.00	0.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			673	5.69	849	14.54	109.47	28.15
% of Calories				7.61%		19.4%	65.1%	16.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Thursday - 08/12/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001399 Pasta, Rotini & Meat Sce BULK	servings	1	243	2.58	338	6.45	26.88	20.43
000399 Bread, Garlic Toast, WG	each	1	90	0.05	190	2.50	15.00	3.00
990238 Tostada, Bean & Cheese	each	1	431	7.30	1040	22.84	44.81	18.80
990247 Salsa Cup 3oz	each	1	25	0.00	195	0.00	5.00	1.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001345 Garden Bar EL - Thursday	3/4 cup	10	118	0.21	248	0.87	24.23	5.82
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			708	4.86	1011	16.00	113.70	33.93
% of Calories				6.18%		20.3%	64.2%	19.2%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Friday - 08/13/2021

Reimbursable Meal Total 8

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000105 Chicken Patty Sandwich Spicy	each	1	362	2.10	620	10.00	41.00	25.00
000988 Chicken Patty Sandwich regular	each	1	363	2.00	613	10.00	43.00	24.00
990143 Cheese bites, wild mikes	serving	1	283	4.05	547	12.15	28.35	16.20
990246 Marinara Sauce Cup	each	1	40	0.00	200	1.00	7.00	1.00
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	8	74	0.05	1	0.43	18.29	1.44
001342 Garden Bar EL - Friday	3/4 cup	8	56	0.07	65	0.24	10.81	3.47
001096 Cookie, WG Chocolate Chip	each	4	156	1.80	144	5.40	26.40	2.40
990204 Frozen Yogurt, Cake Batter	each	4	75	0.00	44	1.00	13.00	2.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			789	5.65	959	17.79	124.74	36.45
% of Calories				6.44%		20.3%	63.2%	18.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Monday - 08/16/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000989 French Toast Stick* w/ egg & syrup cup	serving	1	381	1.00	320	8.00	72.37	*6.00
990191 Chicken, waffle battered chicken chunks	each	1	213	2.02	324	11.14	13.16	13.16
001274 Cheese, Mozz String Lte:LOL	each	2	60	2.00	210	2.50	1.00	8.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001343 Garden Bar EL - Monday	3/4 cup	3	128	0.18	348	1.02	27.43	5.21
001350 Potatoes, Tots 4 each	4 tots	4	103	0.79	246	4.76	12.70	1.59
001165 Fruit, Canned, Assorted	1/2 cup	3	68	0.01	6	0.06	17.40	0.55

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000915 Juice, Assorted	each(4oz)	4	62	0.00	9	0.00	15.20	0.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			743	5.62	1056	17.81	116.40	*31.46
% of Calories				6.81%		21.6%	62.7%	*16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Tuesday - 08/17/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990220 Chicken Fiesta Bowl	1 each	1	689	17.29	1356	28.85	64.50	44.33
001288 Chips, Tortilla 1oz:La Tapatia	each	1	135	1.00	55	5.00	19.00	2.00
000278 Entree, Beef Taco Stick:Integr	each	1	345	8.35	631	12.82	31.87	20.07
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001371 Garden Bar EL - Tuesday	3/4 cup	10	22	0.04	19	0.15	3.87	1.72
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			654	6.51	812	17.02	96.02	32.25
% of Calories				8.96%		23.4%	58.7%	19.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Wednesday - 08/18/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001597 Pizza, 16" WG pizza Guys EL/10sl	slice	1	378	5.70	936	13.20	46.80	15.60
000383 Pizza, Luncheable Kit, Cheese	ea	1	312	6.04	642	11.21	34.30	19.38

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001403 Yogurt, Parfait w/Granola Pack	servings	1	546	2.00	278	8.61	106.50	12.45
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
001214 Garden Bar EL - Wednesday	3/4 cup	7	1	0.00	2	0.00	0.21	0.02
000884 Juice Cup, Assorted Frz Fruit Rosati	each (4oz)	7	99	0.00	15	0.00	25.00	0.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			673	5.69	849	14.54	109.47	28.15
% of Calories				7.61%		19.4%	65.1%	16.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Thursday - 08/19/2021

Reimbursable Meal Total 11

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990172 Chili, 3 bean vegetarian Elem	each	1	124	0.70	261	4.00	18.00	6.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000695 Cornbread Blossoms, Dave's 1B	each	1	148	0.90	91	5.00	23.00	2.80
001503 Entree, Fish Stix & Crackers Elem	4 Stix/cracker	1	330	3.00	600	13.50	34.00	16.00
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	11	74	0.05	1	0.43	18.29	1.44
001345 Garden Bar EL - Thursday	3/4 cup	6	118	0.21	248	0.87	24.23	5.82
000951 Veggie, Curly Fries	1/2 cup	5	110	0.50	299	4.98	14.95	1.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			652	4.23	906	15.92	102.95	28.55
% of Calories				5.84%		22.0%	63.2%	17.5%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Friday - 08/20/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990251 Cowboy bowl, popcorn chicken Elem	bowl	1	464	4.56	954	23.16	41.87	22.82
000667 Entree, Mozz Cheese Sticks, Bosco	serving	1	308	5.67	487	11.28	32.40	19.86
990246 Marinara Sauce Cup	each	1	40	0.00	200	1.00	7.00	1.00
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001506 Cookie, WG Celebration Cookie	each	7	142	1.30	107	4.40	23.90	1.90
000895 Fruit Basket, Assorted Summer	1/2 cup	7	74	0.05	1	0.43	18.29	1.44
001342 Garden Bar EL - Friday	3/4 cup	7	56	0.07	65	0.24	10.81	3.47

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			847	7.01	1019	21.31	132.49	35.83
% of Calories				7.45%		22.6%	62.6%	16.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Monday - 08/23/2021

Reimbursable Meal Total 8

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001108 Burger, cheese BUSD	each	1	375	7.00	635	17.00	29.00	24.50
990036 Burger, BUSD	each	1	340	5.50	480	15.00	28.00	21.00
990084 Grilled Cheese Sandwich	each	1	300	6.00	920	10.00	34.00	20.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001343 Garden Bar EL - Monday	3/4 cup	8	128	0.18	348	1.02	27.43	5.21
000895 Fruit Basket, Assorted Summer	1/2 cup	4	74	0.05	1	0.43	18.29	1.44
001165 Fruit, Canned, Assorted	1/2 cup	4	68	0.01	6	0.06	17.40	0.55
001319 Chips, assorted	each	8	105	0.75	150	5.00	13.50	1.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			846	6.85	1302	21.30	131.93	36.70
% of Calories				7.29%		22.7%	62.4%	17.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Tuesday - 08/24/2021

Reimbursable Meal Total 12

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990099 Bowl, Orange Chicken w/Rice elem	servings	1	501	3.00	973	17.60	59.11	20.41
000528 Cookie, Fortune	each	1	35	0.00	10	0.00	7.00	0.00
000148 Burrito, B&C Grilled: TruNat	each	1	360	0.00	480	14.00	45.00	14.00
001238 Burrito, Assorted	each	1	354	3.92	569	12.83	43.01	17.65

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
001090 Sandwich, Sunbutter & Jelly	each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	12	74	0.05	1	0.43	18.29	1.44
001371 Garden Bar EL - Tuesday	3/4 cup	12	22	0.04	19	0.15	3.87	1.72
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	4	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	4	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			589	3.93	705	14.31	90.10	27.79
% of Calories				6.01%		21.9%	61.2%	18.9%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

Wednesday - 08/25/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001597 Pizza, 16" WG pizza Guys EL/10sl	slice	1	378	5.70	936	13.20	46.80	15.60
000383 Pizza, Luncheable Kit, Cheese	ea	1	312	6.04	642	11.21	34.30	19.38
001403 Yogurt, Parfait w/Granola Pack	servings	1	546	2.00	278	8.61	106.50	12.45
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack- turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
001214 Garden Bar EL - Wednesday	3/4 cup	7	1	0.00	2	0.00	0.21	0.02
000884 Juice Cup, Assorted Frz Fruit Rosati	each (4oz)	7	99	0.00	15	0.00	25.00	0.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			673	5.69	849	14.54	109.47	28.15
% of Calories				7.61%		19.4%	65.1%	16.7%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

Thursday - 08/26/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990236 Lasagna, cheese & veg-single	serving	1	306	4.99	930	9.00	36.46	21.17
000399 Bread, Garlic Toast, WG	each	1	90	0.05	190	2.50	15.00	3.00
990127 Gordita	each	1	321	4.16	597	12.84	30.05	20.87
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001345 Garden Bar EL - Thursday	3/4 cup	10	118	0.21	248	0.87	24.23	5.82
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			705	4.94	1009	15.51	112.99	34.21
% of Calories				6.31%		19.8%	64.1%	19.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Friday - 08/27/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001282 Chicken Pieces, baked and breaded	servings	1	190	2.50	470	11.00	6.00	16.00
990249 1oz Bread Roll	each	1	80	0.00	110	2.00	15.00	2.00
990085 Pretzel bites (5) & cheese sauce	serving	1	392	10.34	1032	19.39	35.79	18.49
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	7	74	0.05	1	0.43	18.29	1.44
001342 Garden Bar EL - Friday	3/4 cup	7	56	0.07	65	0.24	10.81	3.47
001096 Cookie, WG Chocolate Chip	each	4	156	1.80	144	5.40	26.40	2.40

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
001506 Cookie, WG Celebration Cookie	each	3	142	1.30	107	4.40	23.90	1.90
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			833	7.67	1036	21.45	130.42	35.09
% of Calories				8.29%		23.2%	62.6%	16.8%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Monday - 08/30/2021

Reimbursable Meal Total 7

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990153 Entree, Cheese Nachos 4oz Elem	each	1	447	11.79	1094	30.14	27.54	16.74
990247 Salsa Cup 3oz	each	1	25	0.00	195	0.00	5.00	1.00
000400 Beef Hot Dog on bun	each	1	299	5.50	740	15.00	32.00	10.00
990045 Yogurt w/granola	each	1	460	2.50	275	9.50	78.97	11.99
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
000895 Fruit Basket, Assorted Summer	1/2 cup	4	74	0.05	1	0.43	18.29	1.44
001165 Fruit, Canned, Assorted	1/2 cup	3	68	0.01	6	0.06	17.40	0.55
001343 Garden Bar EL - Monday	3/4 cup	7	128	0.18	348	1.02	27.43	5.21
000933 Snack, Rice Krispie Treat	each	7	45	0.25	52	1.12	8.50	0.25
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	2	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	2	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	2	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			817	7.02	1299	20.05	131.80	33.55
% of Calories				7.73%		22.1%	64.5%	16.4%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Tuesday - 08/31/2021

Reimbursable Meal Total 10

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990070 Bowl, BBQ pork/potato elem	servings	1	411	4.17	1172	16.02	35.03	29.83
000399 Bread, Garlic Toast, WG	each	1	90	0.05	190	2.50	15.00	3.00
000881 Quesadilla, Cheese & Grn Chili Arizona	serving	1	458	9.96	697	19.91	43.81	21.90

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
990247 Salsa Cup 3oz	each	1	25	0.00	195	0.00	5.00	1.00
990245 Subway Sandwich 4" tky/chs	each	1	195	0.50	565	3.00	27.00	15.00
001388 Yogurt w/Muffin Top	each	1	425	2.75	320	9.50	72.97	9.99
990039 Sandwich, PB&J Smucker' grape	each	1	320	3.50	320	17.00	32.00	10.00
001035 Sandwich, PB&J Smucker' strawberry	each	1	320	3.50	320	17.00	32.00	10.00
000666 Entree, Hummus, Chse & Crax EL	each	1	302	5.51	657	14.55	29.90	12.22
990053 Protein pack-turkey stick, sting cheese, cracker	each	1	417	4.44	784	12.12	61.11	20.53
990139 Sack Lunch-Pizza Kit	each	1	679	7.85	941	15.73	109.09	31.02
990138 Sack Lunch-PBJ elem	each	1	610	5.27	574	21.36	87.13	20.70
001371 Garden Bar EL - Tuesday	3/4 cup	10	22	0.04	19	0.15	3.87	1.72
000895 Fruit Basket, Assorted Summer	1/2 cup	10	74	0.05	1	0.43	18.29	1.44
000095 Milk, 1% Low fat, Foster Farms	each (8oz)	3	130	1.50	160	2.50	16.00	10.00
000102 Milk, FF Chocolate, FosterFarm	each (8oz)	3	120	0.00	150	0.00	22.00	9.00
001247 Milk, FF Regular Milk	each (8oz)	3	90	0.00	130	0.00	13.00	9.00
001145 Milk, Lactose Free	each (8oz)	1	90	0.00	130	0.00	13.00	9.00
Weighted Daily Average			632	5.29	838	16.20	93.76	30.98
% of Calories				7.53%		23.1%	59.3%	19.6%
Weekly Nutrient Guideline			550 - 650	<10	1230	<=30		

Base Menu Spreadsheet

Portion Values

Jul 28, 2021 thru Aug 31, 2021

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Protn (g)
Weighted Averages			721	6	987	17.10	113.87	*32.04
% of Calories				7.04%		21.3%	63.2%	*17.8%

**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.