

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

**Menu Name:** MS Lunch Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Wednesday - 07/28/2021**

**Reimbursable Meal Total 12**

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 001352 Sandwich, Deli Assorted: MS                      | each         | 1         | 346                      | 4.87                   | 969                    | 15.70     | 28.16    | 19.25     |
| 001202 Salad, Beef Taco Scoops/Bloss                    | servings     | 1         | 554                      | 6.38                   | 1167                   | 26.76     | 54.68    | 22.77     |
| 001407 Salad, Veggie Strg Chs & Crnbr                   | salad        | 1         | 614                      | 6.64                   | 903                    | 35.26     | 55.86    | 22.34     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001320 Veggie, Carrots, Baby, (1/2c)                    | 1/2 cup      | 12        | 40                       | 0.03                   | 88                     | 0.15      | 9.34     | 0.73      |
| 001319 Chips, assorted                                  | each         | 12        | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000895 Fruit Basket, Assorted Summer  | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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                |              |           | 847                      | 6.68                   | 1146                   | 27.89     | 121.72   | 31.75     |
| % of Calories                         |              |           |                          | 7.10%                  |                        | 29.6%     | 57.5%    | 15.0%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Thursday - 07/29/2021

### Reimbursable Meal Total 12

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990248 Bosco Pepperoni Sticks (2)     | each         | 1         | 500                      | 9.00                   | 1020                   | 18.00     | 60.00    | 22.00     |
| 990246 Marinara Sauce Cup             | each         | 1         | 40                       | 0.00                   | 200                    | 1.00      | 7.00     | 1.00      |
| 990084 Grilled Cheese Sandwich        | each         | 1         | 300                      | 6.00                   | 920                    | 10.00     | 34.00    | 20.00     |
| 001601 Salad, Buffalo Chicken         | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001438 Salad, Veggie Strg Chs & Crax  | Salad        | 1         | 460                      | 6.57                   | 1207                   | 21.21     | 43.64    | 24.17     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47        |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53        |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38          | 81.64         | 34.82        |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38          | 120.64        | 28.82        |
| 001319 Chips, assorted                                  | each         | 12        | 105                      | 0.75                   | 150                    | 5.00           | 13.50         | 1.00         |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 12        | 32                       | 0.04                   | 150                    | 0.12           | 6.43          | 1.18         |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44         |
| 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         |
| <b>Weighted Daily Average</b>                           |              |           | <b>835</b>               | <b>7.02</b>            | <b>1377</b>            | <b>27.44</b>   | <b>114.79</b> | <b>36.50</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>7.57%</b>           |                        | <b>29.6%</b>   | <b>55.0%</b>  | <b>17.5%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

Friday - 07/30/2021

Reimbursable Meal Total 8

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001573 Pizza, 16" WG PizzaGuys Assrt MS                 | each         | 1         | 470                      | 7.00                   | 1170                   | 17.00     | 59.00    | 20.00     |
| 001389 Salad, Veggie Strg Chs & BSIce                   | salads       | 1         | 655                      | 7.07                   | 932                    | 35.71     | 64.14    | 23.17     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990133 Juice Cup frozen, Assorted Whole fruit           | each (4oz)   | 4         | 78                       | 0.00                   | 8                      | 0.00      | 19.25    | 0.00      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 4         | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 4         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |
| 000627 Veggie, Corn, Canned                             | 1/2 cup      | 4         | 66                       | 0.12                   | 140                    | 0.82      | 15.24    | 2.14      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 725                      | 5.63                   | 917                    | 22.26     | 108.06   | 28.18     |
| % of Calories             |              |           |                          | 6.99%                  |                        | 27.6%     | 59.6%    | 15.5%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Monday - 08/02/2021

### Reimbursable Meal Total 12

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001140 Sandwich, BBQ Pulled Pork, MS                    | servings     | 1         | 418                      | 4.17                   | 1014                   | 13.02     | 43.51    | 31.80     |
| 990037 Corn Dog, chicken bulk                           | each         | 1         | 240                      | 2.50                   | 390                    | 8.00      | 30.00    | 9.00      |
| 000976 Salad, Chicken Popcorn Przl/Crx                  | each         | 1         | 665                      | 5.65                   | 1254                   | 34.44     | 60.44    | 29.92     |
| 001550 Salad, Veggie Chs/Seed & Crx                     | each         | 1         | 588                      | 7.54                   | 1053                   | 36.71     | 48.00    | 21.71     |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 001403 Yogurt, Parfait w/Granola Pack                   | servings     | 1         | 546                      | 2.00                   | 278                    | 8.61      | 106.50   | 12.45     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990140 Sack Lunch-PBJ MS              | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001096 Cookie, WG Chocolate Chip      | each         | 6         | 156                      | 1.80                   | 144                    | 5.40      | 26.40    | 2.40      |
| 001506 Cookie, WG Celebration Cookie  | each         | 6         | 142                      | 1.30                   | 107                    | 4.40      | 23.90    | 1.90      |
| 001243 Veggie, Romaine w/cuke&carrot  | 3/4 cup      | 6         | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 990170 Baked Beans                    | each         | 6         | 140                      | 0.00                   | 550                    | 1.00      | 29.00    | 6.00      |
| 000895 Fruit Basket, Assorted Summer  | 1/2 cup      | 12        | 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)   | 3         | 90                       | 0.00                   | 130                    | 0.00      | 13.00    | 9.00      |
| Weighted Daily Average                |              |           | 949                      | 6.99                   | 1370                   | 27.87     | 144.47   | 37.39     |
| % of Calories                         |              |           |                          | 6.63%                  |                        | 26.4%     | 60.9%    | 15.8%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

**Tuesday - 08/03/2021**

**Reimbursable Meal Total 15**

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990155 Bowl, Orange Chicken w/Rice MS | servings     | 1         | 620                      | 3.60                   | 1138                   | 21.30     | 75.07    | 25.22     |
| 000528 Cookie, Fortune                | each         | 1         | 35                       | 0.00                   | 10                     | 0.00      | 7.00     | 0.00      |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001589 Entree, Cheese Cruncher                          | each         | 1         | 420                      | 9.00                   | 790                    | 20.00     | 41.00    | 20.00     |
| 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     |
| 990190 Salad, BBQ Chicken Salad                         | each         | 1         | 633                      | 12.78                  | 1607                   | 34.95     | 47.69    | 35.28     |
| 000504 Salad, Veggie Strg Chs & HStck                   | salad        | 1         | 520                      | 5.07                   | 912                    | 27.71     | 47.64    | 21.17     |
| 990244 Subway Sandwich 6" tky/chs                       | each         | 1         | 250                      | 0.50                   | 650                    | 3.00      | 40.00    | 20.00     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 15        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001419 Salad, Three Bean                                | 1/2 cup serv | 7         | 131                      | 0.10                   | 274                    | 0.81      | 24.18    | 7.02      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 8         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |
| 000095 Milk, 1% Low fat, Foster Farms                   | each (8oz)   | 5         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 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)   | 4         | 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         |
| <b>Weighted Daily Average</b>         |              |           | <b>747</b>               | <b>5.69</b>            | <b>1041</b>            | <b>20.99</b>   | <b>109.11</b> | <b>34.86</b> |
| % of Calories                         |              |           |                          | 6.86%                  |                        | 25.3%          | 58.4%         | 18.7%        |
| <b>Weekly Nutrient Guideline</b>      |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

### Wednesday - 08/04/2021

### Reimbursable Meal Total 13

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990096 Pepperoni Stuffed Sandwich     | each         | 1         | 300                      | 5.00                   | 680                    | 11.00     | 32.00    | 18.00     |
| 990084 Grilled Cheese Sandwich        | each         | 1         | 300                      | 6.00                   | 920                    | 10.00     | 34.00    | 20.00     |
| 001601 Salad, Buffalo Chicken         | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001438 Salad, Veggie Strg Chs & Crax  | Salad        | 1         | 460                      | 6.57                   | 1207                   | 21.21     | 43.64    | 24.17     |
| 990045 Yogurt w/granola               | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 990054 Sandwich, PB & J MS strawberry | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape        | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |



# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001319 Chips, assorted                                  | each         | 1         | 105                      | 0.75                   | 150                    | 5.00      | 13.50    | 1.00      |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 13        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 13        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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)   | 4         | 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                                  |              |           | 714                      | 5.73                   | 1145                   | 21.26     | 100.82   | 34.28     |
| % of Calories                                           |              |           |                          | 7.22%                  |                        | 26.8%     | 56.5%    | 19.2%     |
| Weekly Nutrient Guideline                               |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

Thursday - 08/05/2021

Reimbursable Meal Total 13

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990237 Pasta, Chicken alfredo Penne MS | bowls        | 1         | 428                      | 6.93                   | 1357                   | 15.49     | 44.41    | 30.71     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000399 Bread, Garlic Toast, WG                          | each         | 1         | 90                       | 0.05                   | 190                    | 2.50      | 15.00    | 3.00      |
| 001592 Wrap, Spicy Chicken                              | wrap         | 1         | 604                      | 6.02                   | 1451                   | 28.24     | 53.45    | 34.71     |
| 001483 Burrito, Assorted                                | each         | 1         | 354                      | 3.92                   | 569                    | 12.83     | 43.01    | 17.65     |
| 001202 Salad, Beef Taco Scoops/Bloss                    | servings     | 1         | 554                      | 6.38                   | 1167                   | 26.76     | 54.68    | 22.77     |
| 001407 Salad, Veggie Strg Chs & Crnbr                   | salad        | 1         | 614                      | 6.64                   | 903                    | 35.26     | 55.86    | 22.34     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 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      |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 13        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 000409 Veggie, Broccoli                                 | 3/4 cup      | 13        | 15                       | 0.05                   | 14                     | 0.16      | 2.87     | 1.22      |
| 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)   | 4         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 739                      | 6.00                   | 1005                   | 23.36     | 103.91   | 34.11     |
| % of Calories             |              |           |                          | 7.31%                  |                        | 28.4%     | 56.2%    | 18.5%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Friday - 08/06/2021

### Reimbursable Meal Total 8

|                                                                | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|----------------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001573 Pizza, 16" WG<br>PizzaGuys Assrt MS                     | each         | 1         | 470                      | 7.00                   | 1170                   | 17.00     | 59.00    | 20.00     |
| 001389 Salad, Veggie Strg<br>Chs & BSIce                       | salads       | 1         | 655                      | 7.07                   | 932                    | 35.71     | 64.14    | 23.17     |
| 990045 Yogurt w/granola                                        | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 001388 Yogurt w/Muffin<br>Top                                  | each         | 1         | 425                      | 2.75                   | 320                    | 9.50      | 72.97    | 9.99      |
| 990054 Sandwich, PB & J<br>MS strawberry                       | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J<br>MS grape                              | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree,<br>Hummus/Chs & Crax MS                         | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-<br>turkey stick, sting cheese,<br>cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990133 Juice Cup frozen,<br>Assorted Whole fruit               | each (4oz)   | 4         | 78                       | 0.00                   | 8                      | 0.00      | 19.25    | 0.00      |
| 000895 Fruit Basket,<br>Assorted Summer                        | 1/2 cup      | 4         | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001336 Veggie, Carrots,<br>Baby, (1/4c)                        | 1/4 cup      | 4         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000627 Veggie, Corn, Canned           | 1/2 cup      | 4         | 66                       | 0.12                   | 140                    | 0.82      | 15.24    | 2.14      |
| 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)   | 2         | 90                       | 0.00                   | 130                    | 0.00      | 13.00    | 9.00      |
| Weighted Daily Average                |              |           | 725                      | 5.63                   | 917                    | 22.26     | 108.06   | 28.18     |
| % of Calories                         |              |           |                          | 6.99%                  |                        | 27.6%     | 59.6%    | 15.5%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Monday - 08/09/2021

### Reimbursable Meal Total 12

|                                        | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000483 Sandwich, Philly Cheese Steak   | servings     | 1         | 467                      | 8.63                   | 783                    | 16.78     | 43.13    | 32.91     |
| 990238 Tostada, Bean & Cheese          | each         | 1         | 431                      | 7.30                   | 1040                   | 22.84     | 44.81    | 18.80     |
| 001403 Yogurt, Parfait w/Granola Pack  | servings     | 1         | 546                      | 2.00                   | 278                    | 8.61      | 106.50   | 12.45     |
| 990045 Yogurt w/granola                | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 000976 Salad, Chicken Popcorn Przl/Crx | each         | 1         | 665                      | 5.65                   | 1254                   | 34.44     | 60.44    | 29.92     |
| 001550 Salad, Veggie Chs/Seed & Crx    | each         | 1         | 588                      | 7.54                   | 1053                   | 36.71     | 48.00    | 21.71     |
| 990054 Sandwich, PB & J MS strawberry  | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47        |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53        |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38          | 81.64         | 34.82        |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38          | 120.64        | 28.82        |
| 001096 Cookie, WG Chocolate Chip                        | each         | 6         | 156                      | 1.80                   | 144                    | 5.40           | 26.40         | 2.40         |
| 001506 Cookie, WG Celebration Cookie                    | each         | 6         | 142                      | 1.30                   | 107                    | 4.40           | 23.90         | 1.90         |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 12        | 32                       | 0.04                   | 150                    | 0.12           | 6.43          | 1.18         |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44         |
| 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         |
| <b>Weighted Daily Average</b>                           |              |           | <b>921</b>               | <b>7.91</b>            | <b>1209</b>            | <b>29.19</b>   | <b>135.39</b> | <b>35.97</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>7.73%</b>           |                        | <b>28.5%</b>   | <b>58.8%</b>  | <b>15.6%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

Tuesday - 08/10/2021

Reimbursable Meal Total 14

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001512 Rice Bowl, Chick Teriyaki MS                     | bowl         | 1         | 288                      | 1.25                   | 688                    | 5.63      | 35.49    | 23.66     |
| 000528 Cookie, Fortune                                  | each         | 1         | 35                       | 0.00                   | 10                     | 0.00      | 7.00     | 0.00      |
| 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      |
| 000278 Entree, Beef Taco Stick:Integr                   | each         | 1         | 345                      | 8.35                   | 631                    | 12.82     | 31.87    | 20.07     |
| 001150 Salad, Chicken Caesar w/HStick                   | each         | 1         | 773                      | 6.09                   | 1596                   | 39.14     | 72.80    | 36.68     |
| 000504 Salad, Veggie Strg Chs & HStick                  | salad        | 1         | 520                      | 5.07                   | 912                    | 27.71     | 47.64    | 21.17     |
| 990244 Subway Sandwich 6" tky/chs                       | each         | 1         | 250                      | 0.50                   | 650                    | 3.00      | 40.00    | 20.00     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 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      |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 14        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 7         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |

# Base Menu Spreadsheet

## Portion Values

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001419 Salad, Three Bean              | 1/2 cup serv | 7         | 131                      | 0.10                   | 274                    | 0.81      | 24.18    | 7.02      |
| 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)   | 4         | 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                |              |           | 750                      | 5.37                   | 1047                   | 20.54     | 110.22   | 35.72     |
| % of Calories                         |              |           |                          | 6.44%                  |                        | 24.6%     | 58.8%    | 19.1%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Wednesday - 08/11/2021

### Reimbursable Meal Total 14

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|-----------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990036 Burger, BUSD                           | each         | 1         | 340                      | 5.50                   | 480                    | 15.00     | 28.00    | 21.00     |
| 001108 Burger, cheese BUSD                    | each         | 1         | 375                      | 7.00                   | 635                    | 17.00     | 29.00    | 24.50     |
| 001199 Tamale, cheese and green chili         | each         | 1         | 370                      | 8.00                   | 470                    | 24.00     | 28.00    | 12.00     |
| 000398 Mozzarella Cheese breadsticks, ConAgra | 2Pack        | 1         | 290                      | 6.00                   | 690                    | 11.00     | 27.00    | 19.00     |
| 990246 Marinara Sauce Cup                     | each         | 1         | 40                       | 0.00                   | 200                    | 1.00      | 7.00     | 1.00      |
| 001601 Salad, Buffalo Chicken                 | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001601 Salad, Buffalo Chicken                 | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 001428 Salad, Veggie Strg Chs & Roll                    | servings     | 1         | 360                      | 5.57                   | 947                    | 18.21          | 28.64         | 22.17        |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50           | 78.97         | 11.99        |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47        |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53        |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38          | 120.64        | 28.82        |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38          | 81.64         | 34.82        |
| 001319 Chips, assorted                                  | each         | 14        | 105                      | 0.75                   | 150                    | 5.00           | 13.50         | 1.00         |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 14        | 32                       | 0.04                   | 150                    | 0.12           | 6.43          | 1.18         |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 14        | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44         |
| 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)   | 4         | 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         |
| <b>Weighted Daily Average</b>                           |              |           | <b>819</b>               | <b>7.26</b>            | <b>1309</b>            | <b>28.75</b>   | <b>108.83</b> | <b>35.04</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>7.98%</b>           |                        | <b>31.6%</b>   | <b>53.2%</b>  | <b>17.1%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |



# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

Thursday - 08/12/2021

Reimbursable Meal Total 14

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990174 Pasta, Spaghetti & Meatballs MS                  | bowl         | 1         | 416                      | 3.96                   | 323                    | 11.66     | 49.90    | 25.62     |
| 001399 Pasta, Rotini & Meat Sce BULK                    | servings     | 1         | 243                      | 2.58                   | 338                    | 6.45      | 26.88    | 20.43     |
| 000399 Bread, Garlic Toast, WG                          | each         | 2         | 90                       | 0.05                   | 190                    | 2.50      | 15.00    | 3.00      |
| 990201 Chili, 3 bean vegetarian MS                      | servings     | 1         | 207                      | 1.17                   | 435                    | 6.67      | 30.00    | 10.00     |
| 001275 Chips, Tortilla 2.0 oz                           | each         | 1         | 210                      | 1.70                   | 225                    | 12.00     | 23.00    | 2.00      |
| 000881 Quesadilla, Cheese & Grn Chili Arizona           | serving      | 1         | 458                      | 9.96                   | 697                    | 19.91     | 43.81    | 21.90     |
| 001202 Salad, Beef Taco Scoops/Bloss                    | servings     | 1         | 554                      | 6.38                   | 1167                   | 26.76     | 54.68    | 22.77     |
| 001407 Salad, Veggie Strg Chs & Crnbr                   | salad        | 1         | 614                      | 6.64                   | 903                    | 35.26     | 55.86    | 22.34     |
| 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      |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000409 Veggie, Broccoli               | 3/4 cup      | 14        | 15                       | 0.05                   | 14                     | 0.16      | 2.87     | 1.22      |
| 000895 Fruit Basket, Assorted Summer  | 1/2 cup      | 14        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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)   | 4         | 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                |              |           | 716                      | 5.76                   | 860                    | 21.93     | 102.34   | 32.50     |
| % of Calories                         |              |           |                          | 7.24%                  |                        | 27.6%     | 57.2%    | 18.2%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

Friday - 08/13/2021

Reimbursable Meal Total 8

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001573 Pizza, 16" WG PizzaGuys Assrt MS | each         | 1         | 470                      | 7.00                   | 1170                   | 17.00     | 59.00    | 20.00     |
| 001389 Salad, Veggie Strg Chs & BSlice  | salads       | 1         | 655                      | 7.07                   | 932                    | 35.71     | 64.14    | 23.17     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990133 Juice Cup frozen, Assorted Whole fruit           | each (4oz)   | 4         | 78                       | 0.00                   | 8                      | 0.00      | 19.25    | 0.00      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 4         | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 4         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |
| 000627 Veggie, Corn, Canned                             | 1/2 cup      | 4         | 66                       | 0.12                   | 140                    | 0.82      | 15.24    | 2.14      |
| 990204 Frozen Yogurt, Cake Batter                       | each         | 8         | 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      |
| 001145 Milk, Lactose Free                               | each (8oz)   | 2         | 90                       | 0.00                   | 130                    | 0.00      | 13.00    | 9.00      |
| Weighted Daily Average                                  |              |           | 800                      | 5.63                   | 961                    | 23.26     | 121.06   | 30.18     |
| % of Calories                                           |              |           |                          | 6.33%                  |                        | 26.2%     | 60.5%    | 15.1%     |
| Weekly Nutrient Guideline                               |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

**Monday - 08/16/2021**

**Reimbursable Meal Total 12**

|                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000877 Sandwich, Meatball Sub | sandwich     | 1         | 438                      | 6.59                   | 711                    | 15.60     | 46.64    | 26.20     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000780 Chicken Taquito with Cheese                      | -serving     | 1         | 360                      | 5.00                   | 560                    | 14.00     | 44.00    | 18.00     |
| 990247 Salsa Cup 3oz                                    | each         | 1         | 25                       | 0.00                   | 195                    | 0.00      | 5.00     | 1.00      |
| 001403 Yogurt, Parfait w/Granola Pack                   | servings     | 1         | 546                      | 2.00                   | 278                    | 8.61      | 106.50   | 12.45     |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 000976 Salad, Chicken Popcorn Przl/Crx                  | each         | 1         | 665                      | 5.65                   | 1254                   | 34.44     | 60.44    | 29.92     |
| 001438 Salad, Veggie Strg Chs & Crax                    | Salad        | 1         | 460                      | 6.57                   | 1207                   | 21.21     | 43.64    | 24.17     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001506 Cookie, WG Celebration Cookie                    | each         | 6         | 142                      | 1.30                   | 107                    | 4.40      | 23.90    | 1.90      |
| 001096 Cookie, WG Chocolate Chip                        | each         | 6         | 156                      | 1.80                   | 144                    | 5.40      | 26.40    | 2.40      |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 12        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 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       |              |           | 904                      | 7.47                   | 1192                   | 27.06     | 135.67   | 35.64     |
| % of Calories                |              |           |                          | 7.44%                  |                        | 26.9%     | 60.0%    | 15.8%     |
| Weekly Nutrient Guideline    |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

## Tuesday - 08/17/2021

### Reimbursable Meal Total 15

|                                          | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990239 Lo Mein, Philly & veggie          | bowls        | 1         | 436                      | 1.92                   | 348                    | 7.39      | 51.83    | 36.28     |
| 000528 Cookie, Fortune                   | each         | 1         | 35                       | 0.00                   | 10                     | 0.00      | 7.00     | 0.00      |
| 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      |
| 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     |
| 990190 Salad, BBQ Chicken Salad          | each         | 1         | 633                      | 12.78                  | 1607                   | 34.95     | 47.69    | 35.28     |
| 000504 Salad, Veggie Strg Chs & HStck    | salad        | 1         | 520                      | 5.07                   | 912                    | 27.71     | 47.64    | 21.17     |
| 990244 Subway Sandwich 6" tky/chs        | each         | 1         | 250                      | 0.50                   | 650                    | 3.00      | 40.00    | 20.00     |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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         |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47        |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53        |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38          | 81.64         | 34.82        |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38          | 120.64        | 28.82        |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 15        | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44         |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 8         | 13                       | 0.01                   | 29                     | 0.05           | 3.04          | 0.24         |
| 001419 Salad, Three Bean                                | 1/2 cup serv | 7         | 131                      | 0.10                   | 274                    | 0.81           | 24.18         | 7.02         |
| 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)   | 4         | 90                       | 0.00                   | 130                    | 0.00           | 13.00         | 9.00         |
| 001145 Milk, Lactose Free                               | each (8oz)   | 3         | 90                       | 0.00                   | 130                    | 0.00           | 13.00         | 9.00         |
| <b>Weighted Daily Average</b>                           |              |           | <b>726</b>               | <b>5.21</b>            | <b>989</b>             | <b>19.57</b>   | <b>107.03</b> | <b>35.27</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>6.46%</b>           |                        | <b>24.3%</b>   | <b>59.0%</b>  | <b>19.4%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

**Wednesday - 08/18/2021**

**Reimbursable Meal Total 12**

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990248 Bosco Pepperoni Sticks (2)                       | each         | 1         | 500                      | 9.00                   | 1020                   | 18.00     | 60.00    | 22.00     |
| 990246 Marinara Sauce Cup                               | each         | 1         | 40                       | 0.00                   | 200                    | 1.00      | 7.00     | 1.00      |
| 990084 Grilled Cheese Sandwich                          | each         | 1         | 300                      | 6.00                   | 920                    | 10.00     | 34.00    | 20.00     |
| 001601 Salad, Buffalo Chicken                           | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001438 Salad, Veggie Strg Chs & Crax                    | Salad        | 1         | 460                      | 6.57                   | 1207                   | 21.21     | 43.64    | 24.17     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001319 Chips, assorted                                  | each         | 12        | 105                      | 0.75                   | 150                    | 5.00      | 13.50    | 1.00      |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 12        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 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       |              |           | 835                      | 7.02                   | 1377                   | 27.44     | 114.79   | 36.50     |
| % of Calories                |              |           |                          | 7.57%                  |                        | 29.6%     | 55.0%    | 17.5%     |
| Weekly Nutrient Guideline    |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Thursday - 08/19/2021

### Reimbursable Meal Total 14

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001376 Macho Nachos MS JTM            | each         | 1         | 481                      | 9.42                   | 1099                   | 25.29     | 34.59    | 27.42     |
| 001180 Entree, Cheese Nachos 6oz MS   | each         | 1         | 566                      | 16.84                  | 1528                   | 39.22     | 29.80    | 24.11     |
| 990195 Sandwich, Turkey Pesto Panini  | Panini       | 1         | 380                      | 6.34                   | 559                    | 19.05     | 29.88    | 22.28     |
| 001483 Burrito, Assorted              | each         | 1         | 354                      | 3.92                   | 569                    | 12.83     | 43.01    | 17.65     |
| 001202 Salad, Beef Taco Scoops/Bloss  | servings     | 1         | 554                      | 6.38                   | 1167                   | 26.76     | 54.68    | 22.77     |
| 001407 Salad, Veggie Strg Chs & Crnbr | salad        | 1         | 614                      | 6.64                   | 903                    | 35.26     | 55.86    | 22.34     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape        | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |



# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 000409 Veggie, Broccoli                                 | 3/4 cup      | 7         | 15                       | 0.05                   | 14                     | 0.16      | 2.87     | 1.22      |
| 990247 Salsa Cup 3oz                                    | each         | 7         | 25                       | 0.00                   | 195                    | 0.00      | 5.00     | 1.00      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 14        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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)   | 4         | 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                                  |              |           | 726                      | 6.96                   | 1047                   | 24.32     | 98.67    | 32.78     |
| % of Calories                                           |              |           |                          | 8.63%                  |                        | 30.1%     | 54.4%    | 18.1%     |
| Weekly Nutrient Guideline                               |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

Friday - 08/20/2021

Reimbursable Meal Total 8

|                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|-----------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001573 Pizza, 16" WG PizzaGuys Assrt MS | each         | 1         | 470                      | 7.00                   | 1170                   | 17.00     | 59.00    | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 001389 Salad, Veggie Strg Chs & BSIce                   | salads       | 1         | 655                      | 7.07                   | 932                    | 35.71          | 64.14         | 23.17        |
| 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         |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00        |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47        |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53        |
| 990133 Juice Cup frozen, Assorted Whole fruit           | each (4oz)   | 4         | 78                       | 0.00                   | 8                      | 0.00           | 19.25         | 0.00         |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 4         | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44         |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 4         | 13                       | 0.01                   | 29                     | 0.05           | 3.04          | 0.24         |
| 000627 Veggie, Corn, Canned                             | 1/2 cup      | 4         | 66                       | 0.12                   | 140                    | 0.82           | 15.24         | 2.14         |
| 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)   | 2         | 90                       | 0.00                   | 130                    | 0.00           | 13.00         | 9.00         |
| <b>Weighted Daily Average</b>                           |              |           | <b>725</b>               | <b>5.63</b>            | <b>917</b>             | <b>22.26</b>   | <b>108.06</b> | <b>28.18</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>6.99%</b>           |                        | <b>27.6%</b>   | <b>59.6%</b>  | <b>15.5%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

Monday - 08/23/2021

Reimbursable Meal Total 12

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990127 Gordita                                          | each         | 1         | 321                      | 4.16                   | 597                    | 12.84     | 30.05    | 20.87     |
| 990200 Dog, Beef Jumbo Pretzel Dog                      | each         | 1         | 300                      | 2.00                   | 790                    | 6.50      | 41.00    | 20.00     |
| 001403 Yogurt, Parfait w/Granola Pack                   | servings     | 1         | 546                      | 2.00                   | 278                    | 8.61      | 106.50   | 12.45     |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 000976 Salad, Chicken Popcorn Przl/Crx                  | each         | 1         | 665                      | 5.65                   | 1254                   | 34.44     | 60.44    | 29.92     |
| 001438 Salad, Veggie Strg Chs & Crax                    | Salad        | 1         | 460                      | 6.57                   | 1207                   | 21.21     | 43.64    | 24.17     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001096 Cookie, WG Chocolate Chip                        | each         | 6         | 156                      | 1.80                   | 144                    | 5.40      | 26.40    | 2.40      |
| 001506 Cookie, WG Celebration Cookie                    | each         | 6         | 142                      | 1.30                   | 107                    | 4.40      | 23.90    | 1.90      |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 10        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 990247 Salsa Cup 3oz                                    | each         | 2         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 000895 Fruit Basket, Assorted Summer  | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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                |              |           | 886                      | 7.01                   | 1193                   | 26.19     | 133.38   | 35.25     |
| % of Calories                         |              |           |                          | 7.12%                  |                        | 26.6%     | 60.2%    | 15.9%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Tuesday - 08/24/2021

### Reimbursable Meal Total 14

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990202 Bowl, BBQ pork/potato MS       | servings     | 1         | 479                      | 5.22                   | 1356                   | 18.93     | 38.48    | 36.66     |
| 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      |
| 000278 Entree, Beef Taco Stick:Integr | each         | 1         | 345                      | 8.35                   | 631                    | 12.82     | 31.87    | 20.07     |
| 001150 Salad, Chicken Caesar w/HStick | each         | 1         | 773                      | 6.09                   | 1596                   | 39.14     | 72.80    | 36.68     |
| 000504 Salad, Veggie Strg Chs & HStck | salad        | 1         | 520                      | 5.07                   | 912                    | 27.71     | 47.64    | 21.17     |
| 990244 Subway Sandwich 6" tky/chs     | each         | 1         | 250                      | 0.50                   | 650                    | 3.00      | 40.00    | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                           | Portion Size                                     | Reimb Qty    | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |       |
|---------------------------|--------------------------------------------------|--------------|--------------------------|------------------------|------------------------|-----------|----------|-----------|-------|
| 990045                    | Yogurt w/granola                                 | each         | 1                        | 460                    | 2.50                   | 275       | 9.50     | 78.97     | 11.99 |
| 990054                    | Sandwich, PB & J MS strawberry                   | each         | 1                        | 600                    | 6.00                   | 540       | 34.00    | 64.00     | 18.00 |
| 990055                    | Sandwich, PB&J MS grape                          | each         | 1                        | 600                    | 6.00                   | 540       | 34.00    | 64.00     | 18.00 |
| 000969                    | Entree, Hummus/Chs & Crax MS                     | each         | 1                        | 396                    | 5.52                   | 927       | 16.10    | 49.07     | 14.47 |
| 990053                    | Protein pack-turkey stick, sting cheese, cracker | each         | 1                        | 417                    | 4.44                   | 784       | 12.12    | 61.11     | 20.53 |
| 990141                    | Sack Lunch-Deli sandwich MS                      | each         | 1                        | 567                    | 5.78                   | 1148      | 11.38    | 81.64     | 34.82 |
| 990140                    | Sack Lunch-PBJ MS                                | each         | 1                        | 897                    | 7.78                   | 808       | 38.38    | 120.64    | 28.82 |
| 000895                    | Fruit Basket, Assorted Summer                    | 1/2 cup      | 14                       | 74                     | 0.05                   | 1         | 0.43     | 18.29     | 1.44  |
| 001336                    | Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 7                        | 13                     | 0.01                   | 29        | 0.05     | 3.04      | 0.24  |
| 001419                    | Salad, Three Bean                                | 1/2 cup serv | 7                        | 131                    | 0.10                   | 274       | 0.81     | 24.18     | 7.02  |
| 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)   | 4                        | 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    |                                                  |              |                          | 729                    | 5.35                   | 1076      | 20.87    | 104.44    | 35.67 |
| % of Calories             |                                                  |              |                          |                        | 6.60%                  |           | 25.8%    | 57.3%     | 19.6% |
| Weekly Nutrient Guideline |                                                  |              |                          | 600 - 700              | <10                    | 1360      | <=30     |           |       |

Wednesday - 08/25/2021

Reimbursable Meal Total 14

# Base Menu Spreadsheet

## Portion Values

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990036 Burger, BUSD                                     | each         | 1         | 340                      | 5.50                   | 480                    | 15.00     | 28.00    | 21.00     |
| 001108 Burger, cheese BUSD                              | each         | 1         | 375                      | 7.00                   | 635                    | 17.00     | 29.00    | 24.50     |
| 001199 Tamale, cheese and green chili                   | each         | 1         | 370                      | 8.00                   | 470                    | 24.00     | 28.00    | 12.00     |
| 000398 Mozzarella Cheese breadsticks, ConAgra           | 2Pack        | 1         | 290                      | 6.00                   | 690                    | 11.00     | 27.00    | 19.00     |
| 990246 Marinara Sauce Cup                               | each         | 1         | 40                       | 0.00                   | 200                    | 1.00      | 7.00     | 1.00      |
| 001601 Salad, Buffalo Chicken                           | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001601 Salad, Buffalo Chicken                           | each         | 1         | 633                      | 6.81                   | 1825                   | 36.52     | 45.79    | 31.77     |
| 001428 Salad, Veggie Strg Chs & Roll                    | servings     | 1         | 360                      | 5.57                   | 947                    | 18.21     | 28.64    | 22.17     |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 001319 Chips, assorted                                  | each         | 14        | 105                      | 0.75                   | 150                    | 5.00      | 13.50    | 1.00      |
| 001243 Veggie, Romaine w/cuke&carrot                    | 3/4 cup      | 14        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 14        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g)      | Carb (g)      | Protn (g)    |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|----------------|---------------|--------------|
| 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)   | 4         | 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         |
| <b>Weighted Daily Average</b>         |              |           | <b>819</b>               | <b>7.26</b>            | <b>1309</b>            | <b>28.75</b>   | <b>108.83</b> | <b>35.04</b> |
| % of Calories                         |              |           |                          | 7.98%                  |                        | 31.6%          | 53.2%         | 17.1%        |
| <b>Weekly Nutrient Guideline</b>      |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |              |

### Thursday - 08/26/2021

### Reimbursable Meal Total 14

|                                               | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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     |
| 990142 Chicken Tender Strips (4)              | serving      | 1         | 285                      | 2.67                   | 603                    | 9.33      | 24.00    | 26.67     |
| 990177 Chicken Tenders, spicy MS              | each         | 1         | 291                      | 1.33                   | 460                    | 14.27     | 18.67    | 21.33     |
| 001504 Breakfast, Waffle, Dutch WG            | each         | 2         | 421                      | 3.00                   | 380                    | 13.00     | 73.37    | *4.00     |
| 000881 Quesadilla, Cheese & Grn Chili Arizona | serving      | 1         | 458                      | 9.96                   | 697                    | 19.91     | 43.81    | 21.90     |
| 001202 Salad, Beef Taco Scoops/Bloss          | servings     | 1         | 554                      | 6.38                   | 1167                   | 26.76     | 54.68    | 22.77     |
| 001407 Salad, Veggie Strg Chs & Crnbr         | salad        | 1         | 614                      | 6.64                   | 903                    | 35.26     | 55.86    | 22.34     |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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          |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10          | 49.07         | 14.47         |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12          | 61.11         | 20.53         |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00         |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00          | 64.00         | 18.00         |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38          | 81.64         | 34.82         |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38          | 120.64        | 28.82         |
| 000409 Veggie, Broccoli                                 | 3/4 cup      | 15        | 15                       | 0.05                   | 14                     | 0.16           | 2.87          | 1.22          |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 15        | 74                       | 0.05                   | 1                      | 0.43           | 18.29         | 1.44          |
| 000095 Milk, 1% Low fat, Foster Farms                   | each (8oz)   | 5         | 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)   | 4         | 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          |
| <b>Weighted Daily Average</b>                           |              |           | <b>793</b>               | <b>7.15</b>            | <b>978</b>             | <b>24.77</b>   | <b>111.71</b> | <b>*35.99</b> |
| <b>% of Calories</b>                                    |              |           |                          | <b>8.11%</b>           |                        | <b>28.1%</b>   | <b>56.3%</b>  | <b>*18.2%</b> |
| <b>Weekly Nutrient Guideline</b>                        |              |           | <b>600 - 700</b>         | <b>&lt;10</b>          | <b>1360</b>            | <b>&lt;=30</b> |               |               |

Friday - 08/27/2021

Reimbursable Meal Total 8



# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 001573 Pizza, 16" WG PizzaGuys Assrt MS                 | each         | 1         | 470                      | 7.00                   | 1170                   | 17.00     | 59.00    | 20.00     |
| 001389 Salad, Veggie Strg Chs & BSIce                   | salads       | 1         | 655                      | 7.07                   | 932                    | 35.71     | 64.14    | 23.17     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990133 Juice Cup frozen, Assorted Whole fruit           | each (4oz)   | 4         | 78                       | 0.00                   | 8                      | 0.00      | 19.25    | 0.00      |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 4         | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 4         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |
| 000627 Veggie, Corn, Canned                             | 1/2 cup      | 4         | 66                       | 0.12                   | 140                    | 0.82      | 15.24    | 2.14      |
| 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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    |              |           | 725                      | 5.63                   | 917                    | 22.26     | 108.06   | 28.18     |
| % of Calories             |              |           |                          | 6.99%                  |                        | 27.6%     | 59.6%    | 15.5%     |
| Weekly Nutrient Guideline |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Monday - 08/30/2021

### Reimbursable Meal Total 12

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990199 Buffalo Chicken Dip w/ queso                     | each         | 1         | 425                      | 8.60                   | 1073                   | 24.81     | 26.13    | 23.44     |
| 000400 Beef Hot Dog on bun                              | each         | 1         | 299                      | 5.50                   | 740                    | 15.00     | 32.00    | 10.00     |
| 001403 Yogurt, Parfait w/Granola Pack                   | servings     | 1         | 546                      | 2.00                   | 278                    | 8.61      | 106.50   | 12.45     |
| 990045 Yogurt w/granola                                 | each         | 1         | 460                      | 2.50                   | 275                    | 9.50      | 78.97    | 11.99     |
| 000976 Salad, Chicken Popcorn Przl/Crx                  | each         | 1         | 665                      | 5.65                   | 1254                   | 34.44     | 60.44    | 29.92     |
| 001550 Salad, Veggie Chs/Seed & Crx                     | each         | 1         | 588                      | 7.54                   | 1053                   | 36.71     | 48.00    | 21.71     |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990140 Sack Lunch-PBJ MS              | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 001096 Cookie, WG Chocolate Chip      | each         | 6         | 156                      | 1.80                   | 144                    | 5.40      | 26.40    | 2.40      |
| 001506 Cookie, WG Celebration Cookie  | each         | 6         | 142                      | 1.30                   | 107                    | 4.40      | 23.90    | 1.90      |
| 001243 Veggie, Romaine w/cuke&carrot  | 3/4 cup      | 12        | 32                       | 0.04                   | 150                    | 0.12      | 6.43     | 1.18      |
| 000895 Fruit Basket, Assorted Summer  | 1/2 cup      | 12        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 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                |              |           | 907                      | 7.76                   | 1208                   | 29.21     | 132.90   | 34.45     |
| % of Calories                         |              |           |                          | 7.70%                  |                        | 29.0%     | 58.6%    | 15.2%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

### Tuesday - 08/31/2021

Reimbursable Meal Total 15

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (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      |
| 001589 Entree, Cheese Cruncher      | each         | 1         | 420                      | 9.00                   | 790                    | 20.00     | 41.00    | 20.00     |

# Base Menu Spreadsheet

## Portion Values

Jul 28, 2021 thru Aug 31, 2021

|                                                         | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 990246 Marinara Sauce Cup                               | each         | 1         | 40                       | 0.00                   | 200                    | 1.00      | 7.00     | 1.00      |
| 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     |
| 990244 Subway Sandwich 6" tky/chs                       | each         | 1         | 250                      | 0.50                   | 650                    | 3.00      | 40.00    | 20.00     |
| 001150 Salad, Chicken Caesar w/HStck                    | each         | 1         | 773                      | 6.09                   | 1596                   | 39.14     | 72.80    | 36.68     |
| 000504 Salad, Veggie Strg Chs & HStck                   | salad        | 1         | 520                      | 5.07                   | 912                    | 27.71     | 47.64    | 21.17     |
| 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      |
| 990054 Sandwich, PB & J MS strawberry                   | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 990055 Sandwich, PB&J MS grape                          | each         | 1         | 600                      | 6.00                   | 540                    | 34.00     | 64.00    | 18.00     |
| 000969 Entree, Hummus/Chs & Crax MS                     | each         | 1         | 396                      | 5.52                   | 927                    | 16.10     | 49.07    | 14.47     |
| 990053 Protein pack-turkey stick, sting cheese, cracker | each         | 1         | 417                      | 4.44                   | 784                    | 12.12     | 61.11    | 20.53     |
| 990141 Sack Lunch-Deli sandwich MS                      | each         | 1         | 567                      | 5.78                   | 1148                   | 11.38     | 81.64    | 34.82     |
| 990140 Sack Lunch-PBJ MS                                | each         | 1         | 897                      | 7.78                   | 808                    | 38.38     | 120.64   | 28.82     |
| 000895 Fruit Basket, Assorted Summer                    | 1/2 cup      | 15        | 74                       | 0.05                   | 1                      | 0.43      | 18.29    | 1.44      |
| 001419 Salad, Three Bean                                | 1/2 cup serv | 8         | 131                      | 0.10                   | 274                    | 0.81      | 24.18    | 7.02      |
| 001336 Veggie, Carrots, Baby, (1/4c)                    | 1/4 cup      | 7         | 13                       | 0.01                   | 29                     | 0.05      | 3.04     | 0.24      |
| 000095 Milk, 1% Low fat, Foster Farms                   | each (8oz)   | 4         | 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 <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| 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)   | 4         | 90                       | 0.00                   | 130                    | 0.00      | 13.00    | 9.00      |
| 001145 Milk, Lactose Free             | each (8oz)   | 3         | 90                       | 0.00                   | 130                    | 0.00      | 13.00    | 9.00      |
| Weighted Daily Average                |              |           | 746                      | 5.24                   | 1066                   | 20.57     | 110.42   | 35.34     |
| % of Calories                         |              |           |                          | 6.32%                  |                        | 24.8%     | 59.2%    | 18.9%     |
| Weekly Nutrient Guideline             |              |           | 600 - 700                | <10                    | 1360                   | <=30      |          |           |

|                   |  |  | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | T-Fat (g) | Carb (g) | Protn (g) |
|-------------------|--|--|--------------------------|------------------------|------------------------|-----------|----------|-----------|
| Weighted Averages |  |  | 792                      | 6                      | 1103                   | 24.41     | 114.51   | *33.72    |
| % of Calories     |  |  |                          | 7.23%                  |                        | 27.7%     | 57.8%    | *17.0%    |

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**