



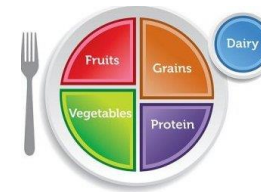
District 97 Taste Test On February 28, about 30 students participated in a taste test to try new foods to be served at breakfast and lunch. We've added a few of the contestants to the April Lunch Menu -- Chicken Rings, Pasta and Meatballs, Cheeseburger Meatloaf and Cornbread Muffins. Be on the lookout for more winners in the coming months!

Illinois Harvest of the Month Spotlight: Lettuces. Did you know that lettuce is a leafy vegetable that belongs to the sunflower family? For more information about this Seven Generations Ahead program, visit: <http://harvestillinois.org/>



We follow the robust USDA guidelines that provide a well-balanced meal for students, including at protein, grains, fruits, vegetables, and milk. Our grains are always whole; proteins are lean and low-sodium; fruits and vegetables are plentiful and sourced from America; and milk is free from rBST and HFCS. We partner with Farm to School to offer the Harvest of the Month to offer local produce.

To Make a Meal, students must order at minimum 3 components; one component must be a fruit or vegetable



DISTRICT 97 ELEMENTARY SCHOOLS

APRIL 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|--|--|---|--|--|
| A | 2 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Applesauce cup Milk | 3 Chicken Rings Whole Grain Cheddar Crackers Garbanzo Bean Salad Apple Milk | 4 Personal Cheese Pizza Broccoli Bites Chilled Pineapple Milk | 5 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk | 6 Cheeseburger on Whole Grain Bun Garlicky Green Beans Apple Slices Milk |
| B | 9 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Red Delicious Apple Milk | 10 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup Milk | 11 Popcorn Chicken Whole Grain Cheddar Crackers Cherry Tomatoes Purple Grapes Milk | 12 Cheeseburger Meatloaf Whole Grain Dinner Roll Seasoned Corn Apple Slices Milk | 13 Lightly Breaded Chicken Filet on Whole Grain Bread Cucumber Coins Chilled Apricots Milk |
| C | 16 Italian Meatballs & Whole Grain Pasta Whole Grain Dinner Roll Spinach Salad Gala Apple Milk | 17 Cheeseburger on Whole Grain Bun Crunchy Garbanzo Beans Apple Slices Milk | 18 Three-Cheese French Bread Pizza Baby Carrots Applesauce Cup Milk | 19 Breaded Chicken Drumstick Mini Cinnamon Roll Celery Sticks Chilled Apricots Milk | 20 Mini Corndogs Springtime Peas Banana Milk |
| D | 23 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk | 24 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Fiesta Black Beans Applesauce Cup Milk | 25 Breaded Chicken Patty with Local Lettuce and Whole Grain Bun Seasoned Corn Quartered Oranges Milk  | 26 Whole Grain Pancakes Turkey Sausage Cucumber Coins Apple Slices Milk | 27 BBQ Chicken Drumstick Cornbread Muffin Baby Carrot Sticks Chilled Peaches Milk |
| E | 30 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Chilled Pineapple Milk | | | | |

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

DELI SANDWICH

- a. Turkey Ham & Cheese on Whole Grain Bread
- b. Cold Cut Turkey Combo & Cheese on Sub Bun
- c. Roasted Turkey & Cheese on Whole Grain Bread
- d. Italian Turkey Combo & Cheese Submarine
- e. Turkey Ham & cheese on Whole Grain Bread

LUNCH KIT

Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese

GARDEN FRESH SALAD

Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers

- All grain products are whole grain
- Cold, refreshing *local* milk available in white and chocolate is all rBST free
- Produce is sourced locally when available



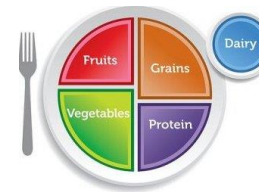
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We follow the robust USDA guidelines that provide a well-balanced meal for students, including at protein, grains, fruits, vegetables, and milk. Our grains are always whole; proteins are lean and low-sodium; fruits and vegetables are plentiful and sourced from America; and milk is free from rBST and HFCS. We partner with Farm to School to offer the Harvest of the Month to offer local produce.

To Make a Meal, students must order at minimum 3 components; one component must be a fruit or vegetable



DISTRICT 97 MIDDLE SCHOOLS

APRIL 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|---|--|---|--|---|
| A | 2 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Applesauce cup Whole Grain Crackers Milk | 3 Chicken Rings Whole Grain Cheddar Crackers Garbanzo Bean Salad Apple Milk | 4 Personal Cheese Pizza Broccoli Bites Chilled Pineapple Milk | 5 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk | 6 Cheeseburger on Whole Grain Bun Garlicky Green Beans Apple Slices Milk |
| B | 9 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Red Delicious Apple Milk | 10 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup 100% Juice Milk | 11 Popcorn Chicken Whole Grain Cheddar Crackers Cherry Tomatoes Purple Grapes 100% Juice Milk | 12 Cheeseburger Meatloaf Whole Grain Dinner Roll Seasoned Corn Apple Slices Whole Grain Cracker Milk | 13 Lightly Breaded Chicken Filet on Whole Grain Bread Cucumber Coins Chilled Apricots 100% Juice Milk |
| C | 16 Italian Meatballs & Whole Grain Pasta Whole Grain Dinner Roll Spinach Salad Gala Apple Milk | 17 Cheeseburger on Whole Grain Bun Crunchy Garbanzo Beans Apple Slices 100% Juice Milk | 18 Three-Cheese French Bread Pizza Baby Carrots Applesauce Cup Whole Grain Cracker Milk | 19 Breaded Chicken Drumstick Mini Cinnamon Roll Celery Sticks Chilled Apricots 100% Juice Milk | 20 Mini Corndogs Springtime Peas Banana 100% Juice Milk |
| D | 23 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk | 24 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Fiesta Black Beans Applesauce Cup 100% Juice Milk | 25 Lightly Breaded Chicken Patty with Local Lettuce and Whole Grain Bun Seasoned Corn Quartered Oranges 100% Juice Milk  | 26 Whole Grain Pancakes Turkey Sausage Cucumber Coins Apple Slices 100% Juice Milk | 27 BBQ Chicken Drumstick Cornbread Muffin Baby Carrot Sticks Chilled Peaches Whole Grain Cracker Milk |
| E | 30 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Chilled Pineapple Whole Grain Cracker Milk | | | | |

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

2nd Hot Entree

- a. Spicy Chicken Patty Sandwich
- b. Cheeseburger on Whole Grain Bun
- c. Bosco Sticks (cheese-filled Breadsticks)
- d. Spicy Chicken Sandwich
- e. Cheeseburger on whole Grain Bun

LUNCH KIT

Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese

GARDEN FRESH SALAD

Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers

DELI SANDWICH

- a. Turkey Ham & Cheese on Whole Grain Bread
- b. Cold Cut Turkey Combo & Cheese on Sub Bun
- c. Roasted Turkey & Cheese on Whole Grain Bread
- d. Italian Turkey Combo & Cheese Submarine
- e. Turkey Ham & cheese on Whole Grain Bread



APRIL 2018 District 97 Breakfast Menu

Tuesday-Thursday Hot Breakfast

Beye, Hatch, Holmes, & Whittier Elementary Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|---|---|---|
| 2 Breakfast Kit Milk | 3 Blueberry Waffle Chilled Fruit Milk | 4 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk | 5 Egg & Cheese Breakfast Sandwich Chilled Fruit Milk | 6 Blueberry Muffin Fresh Fruit Milk |
| 9 Breakfast Kit Milk | 10 Pancake and Sausage Breakfast Bites Chilled Fruit Milk | 11 Blueberry Muffin Fresh Fruit Milk | 12 Maple Mini Pancakes Chilled Fruit Milk | 13 Strawberry Yogurt with Granola Fresh Fruit Milk |
| 16 Breakfast Kit Milk | 17 Cinnamon-Swirl French Toast Chilled Fruit Milk | 18 Strawberry Cream Cheese-Filled Mini Bagels Fresh Fruit Milk | 19 Egg & Bacon Breakfast Pizza Chilled Fruit Milk | 20 Blueberry Muffin Fresh Fruit Milk |
| 23 Breakfast Kit Milk | 24 Strawberry Mini Pancakes Chilled Fruit Milk | 25 Blueberry Muffin Fresh Fruit Milk | 26 Maple Waffle Chilled Fruit Milk | 27 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk |
| 30 Breakfast Kit Milk | | | | |

*All grain products are Whole Grain Rich containing >51% whole grain by weight.

^An additional serving of fresh fruit available daily.



This intuition is an equal opportunity employer.



APRIL 2018 District 97 Breakfast Menu

Wednesday-Friday Hot Breakfast

Brooks, Irving, Julian and Longfellow Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|--|---|---|
| 2 Breakfast Kit Milk | 3 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk | 4 Blueberry Waffle Chilled Fruit Milk | 5 Blueberry Muffin Fresh Fruit Milk | 6 Egg & Cheese Breakfast Sandwich Chilled Fruit Milk |
| 9 Breakfast Kit Milk | 10 Blueberry Muffin Fresh Fruit Milk | 11 Pancake and Sausage Breakfast Bites Chilled Fruit Milk | 12 Strawberry Yogurt with Granola Fresh Fruit Milk | 13 Maple Mini Pancakes Chilled Fruit Milk |
| 16 Breakfast Kit Milk | 17 Strawberry Cream Cheese-Filled Mini Bagels Fresh Fruit Milk | 18 Cinnamon-Swirl French Toast Chilled Fruit Milk | 19 Blueberry Muffin Fresh Fruit Milk | 20 Egg & Bacon Breakfast Pizza Chilled Fruit Milk |
| 23 Breakfast Kit Milk | 24 Blueberry Muffin Fresh Fruit Milk | 25 Strawberry Mini Pancakes Chilled Fruit Milk | 26 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk | 27 Maple Waffle Chilled Fruit Milk |
| 30 Breakfast Kit Milk | | | | |

*All grain products are Whole Grain Rich containing >51% whole grain by weight.

^An additional serving of fresh fruit available daily.

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Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

Menu Name: D97 Elementary Lunch
Site:

Include Cost: No
Report Style: Detailed

Monday - 04/02/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990035 Beef Hot Dog on Whole Grain Bun | each | 1 | 325 | 6.50 | 714 | 3 | 18.00 | 0.00 | 0 | 27.00 | 2.00 | 12.00 | 0 | 57.0 | 0.00 | 2.17 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990059 Apple Slices | bag | 1 | 30 | 0.00 | 0 | 6 | 0.00 | 0.00 | 0 | 6.80 | 1.13 | *N/A* | *N/A* | *N/A* | 0.57 | *N/A* |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 490 | 7.26 | 908 | 28 | 19.32 | 0.00 | 10 | 55.97 | 4.78 | *20.36 | *8319 | *375.2 | 3.24 | *2.68 |
| % of Calories | | | | 13.33% | | 22.9% | 35.5% | 0.0% | | 45.7% | | *16.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/03/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990181 Chicken Rings (Elementary School) | serving | 1 | 243 | 2.53 | 364 | 1 | 14.15 | 0.00 | 40 | 12.13 | 1.01 | 17.19 | 101 | 0.0 | 0.00 | 1.46 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990180 Garbanzo Beans, Roasted, The Good Bean | bag | 1 | 91 | 0.00 | 71 | 2 | 2.02 | 0.00 | 0 | 13.16 | 4.05 | 4.05 | 0 | 0.0 | 0.00 | 0.00 |
| 990172 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990081 Milk, Variety | carton | 1 | 105 | 0.45 | 126 | 16 | 0.75 | 0.00 | 6 | 17.10 | 0.00 | 7.20 | 450 | 270.0 | 1.08 | 0.00 |
| Weighted Daily Average | | | 634 | 3.53 | 733 | *20 | 21.24 | 0.00 | 46 | 81.53 | 10.46 | 30.91 | 649 | 301.0 | 9.49 | 2.39 |
| % of Calories | | | | 5.01% | | *12.6% | 30.2% | 0.0% | | 51.4% | | 19.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/04/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990050 Pizza, Galaxy Cheese | pizza | 1 | 291 | 6.02 | 442 | 3 | 12.04 | 0.00 | 30 | 372.29 | 31.11 | 9.03 | 301 | 200.7 | 0.00 | 1.81 |
| 990063 Pineapple, Chilled | serving | 1 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 15.00 | 1.00 | 0.00 | 0 | 0.0 | 12.00 | 0.36 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990163 Broccoli, Raw Florets | serving | 1 | 15 | 0.02 | 15 | 1 | 0.17 | 0.00 | 0 | 3.02 | 1.18 | 1.28 | 283 | 21.4 | 40.59 | 0.33 |
| Weighted Daily Average | | | 481 | 6.79 | 617 | 33 | 13.46 | 0.00 | 40 | 407.81 | 33.29 | 18.31 | 1085 | 522.1 | 53.79 | 2.50 |
| % of Calories | | | | 12.70% | | 27.4% | 25.2% | 0.0% | | 339.1% | | 15.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/05/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990044 French Toast Sticks, Elementary | serving | 1 | 210 | 2.00 | 320 | 8 | 7.00 | 0.00 | 125 | 28.00 | 2.00 | 8.00 | 200 | 60.0 | 0.00 | 1.80 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|--------------|------------|------------------------|--------------|-------------|
| 990139 Potatoes, Breakfast | serving | 1 | 118 | 0.54 | 374 | 0 | 4.28 | 0.00 | 0 | 18.19 | 2.14 | 2.14 | 0 | 0.0 | 1.28 | 0.00 |
| 990126 Banana, Raw | banana | 1 | 90 | 0.11 | 1 | 12 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 | 65 | 5.0 | 8.79 | 0.26 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 533 | 3.40 | 846 | 37 | 12.86 | 0.00 | 135 | 86.76 | 6.77 | 19.24 | 765 | 365.0 | 11.27 | 2.06 |
| % of Calories | | | | 5.74% | | 27.8% | 21.7% | 0.0% | | 65.1% | | 14.4% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/06/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|---------------|--------------|------------------------|-------------|--------------|
| 990036 Cheeseburger on Whole Grain Bun | each | 1 | 302 | 5.25 | *348 | 4 | 12.00 | 0.50 | 48 | 27.00 | 3.00 | 19.74 | 150 | 132.0 | 0.00 | 2.51 |
| 990182 Green Beans | serving | 1 | 19 | 0.03 | 6 | *N/A* | 0.11 | 0.00 | 0 | 4.35 | 2.00 | 1.01 | 376 | 33.0 | 2.80 | 0.59 |
| 990059 Apple Slices | bag | 1 | 30 | 0.00 | 0 | 6 | 0.00 | 0.00 | 0 | 6.80 | 1.13 | *N/A* | *N/A* | *N/A* | 0.57 | *N/A* |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 466 | 6.03 | *504 | *27 | 13.36 | 0.50 | 58 | 55.65 | 6.13 | *28.75 | *1026 | *465.0 | 4.57 | *3.10 |
| % of Calories | | | | 11.65% | | *23.2% | 25.8% | 1.0% | | 47.8% | | *24.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/09/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990049 Macaroni & Cheese, Chicken Tenders, Elementary | -serving | 1 | 313 | 4.17 | 294 | 4 | 15.50 | 0.00 | 29 | 25.17 | 3.00 | 18.50 | 442 | 202.7 | 0.00 | 1.20 |
| 990134 Salad, Spring Mix | -serving | 1 | 8 | 0.02 | 4 | 1 | 0.14 | 0.00 | 0 | 1.55 | 0.99 | 0.58 | 4094 | 15.5 | 1.88 | 0.46 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 531 | 4.99 | 449 | *21 | 17.21 | 0.00 | 39 | 69.35 | 8.39 | 27.56 | 5133 | 529.2 | 11.49 | 1.88 |
| % of Calories | | | | 8.46% | | *15.8% | 29.2% | 0.0% | | 52.2% | | 20.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/10/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990042 Taco Salad, Beef | Each | 1 | 415 | 4.82 | 586 | 3 | 21.30 | 0.00 | 43 | 44.45 | 5.37 | 18.84 | 1583 | 183.6 | 8.24 | 2.96 |
| 990124 Beans, Refried | -serving | 1 | 86 | 0.00 | 76 | 0 | 0.00 | 0.00 | 0 | 14.64 | 5.05 | 5.05 | 0 | 25.5 | 0.44 | 1.16 |
| 990118 Applesauce, Cup, 4.5z, | -serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 696 | 5.57 | 821 | 38 | 22.55 | 0.00 | 53 | 96.58 | 12.42 | 31.89 | 2083 | 509.1 | 9.88 | 4.11 |
| % of Calories | | | | 7.20% | | 21.8% | 29.2% | 0.0% | | 55.5% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/11/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990051 Chicken, Popcorn, Elementary | each | 1 | 241 | 2.41 | 366 | 1 | 14.46 | 0.00 | 24 | 15.43 | 2.89 | 14.46 | 96 | 0.0 | 0.00 | 1.74 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990135 Tomatoes, Cherry | serving | 1 | 13 | 0.02 | 4 | 2 | 0.15 | 0.00 | 0 | 2.90 | 0.89 | 0.66 | 621 | 7.4 | 10.21 | 0.20 |
| 990131 Grapes, Purple | serving | 1 | 31 | 0.05 | 1 | 7 | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 500 | 3.73 | 691 | 28 | 20.02 | 0.00 | 34 | 57.72 | 5.20 | 25.41 | 1263 | 333.9 | 13.25 | 2.79 |
| % of Calories | | | | 6.71% | | 22.4% | 36.0% | 0.0% | | 46.2% | | 20.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/12/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990122 Cheeseburger Meatloaf | slice | 1 | 173 | 5.07 | 396 | 5 | 10.15 | 0.00 | 30 | 8.12 | 1.02 | 12.18 | 203 | 60.9 | 9.14 | 1.46 |
| 990097 Bread, Dinner Roll | roll | 1 | 84 | 0.24 | 161 | 3 | 1.32 | 0.00 | 0 | 15.38 | 1.78 | 3.80 | 0 | 30.8 | 0.00 | 0.72 |
| 990128 Corn, Sweet Yellow Kernals | serving | 1 | 67 | 0.08 | 1 | 3 | 0.55 | 0.00 | 0 | 15.92 | 1.98 | 2.10 | 164 | 2.5 | 2.89 | 0.39 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 533 | 6.20 | 710 | *28 | 13.58 | 0.00 | 40 | 82.06 | 9.18 | 26.56 | 965 | 405.2 | 21.63 | 2.79 |
| % of Calories | | | | 10.47% | | *21.0% | 22.9% | 0.0% | | 61.6% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/13/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990101 Chicken Patty on Whole Grain Bun | Sandwich | 1 | 347 | 2.00 | 538 | 4 | 11.00 | 0.00 | 45 | 35.00 | 6.00 | 25.24 | 100 | 72.0 | *0.00 | 3.23 |
| 990057 Cucumber Slices | Serving | 1 | 12 | 0.03 | 2 | 1 | 0.09 | 0.00 | 0 | 2.83 | 0.39 | 0.51 | 82 | 12.5 | 2.18 | 0.22 |
| 990065 Apricots, Chilled | serving | 1 | 110 | 0.00 | 0 | 23 | 0.00 | 0.00 | 0 | 24.99 | 1.99 | 0.99 | 1750 | 0.0 | 1.19 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 584 | 2.78 | 690 | 45 | 12.34 | 0.00 | 55 | 80.32 | 8.38 | 34.74 | 2432 | 384.5 | *4.58 | 3.45 |
| % of Calories | | | | 4.28% | | 30.8% | 19.0% | 0.0% | | 55.0% | | 23.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/16/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990178 Pasta with Meatballs, Elem | serving | 1 | 293 | 3.54 | 285 | 7 | 10.93 | 8.84 | 36 | 32.33 | 5.07 | 16.63 | 829 | 76.1 | 10.07 | 2.82 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990097 Bread, Dinner Roll | roll | 1 | 84 | 0.24 | 161 | 3 | 1.32 | 0.00 | 0 | 15.38 | 1.78 | 3.80 | 0 | 30.8 | 0.00 | 0.72 |
| 990133 Spinach Salad | serving | 1 | 7 | 0.02 | 24 | 0 | 0.12 | 0.00 | 0 | 1.09 | 0.66 | 0.86 | 2813 | 29.7 | 8.43 | 0.81 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 000489 MILK - Variety | HALF PINT | 1 | 140 | 1.56 | 146 | *21 | 2.59 | *N/A* | 13 | 20.87 | 0.18 | 8.52 | 444 | 316.3 | 0.85 | 0.43 |
| Weighted Daily Average | | | 619 | 5.41 | 618 | *31 | 15.27 | *8.84 | 49 | 94.80 | 12.09 | 30.27 | 4184 | 463.9 | 27.75 | 5.00 |
| % of Calories | | | | 7.87% | | *20.0% | 22.2% | *12.9% | | 61.3% | | 19.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/17/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990036 Cheeseburger on Whole Grain Bun | each | 1 | 302 | 5.25 | *348 | 4 | 12.00 | 0.50 | 48 | 27.00 | 3.00 | 19.74 | 150 | 132.0 | 0.00 | 2.51 |
| 990180 Garbanzo Beans, Roasted, The Good Bean | bag | 1 | 91 | 0.00 | 71 | 2 | 2.02 | 0.00 | 0 | 13.16 | 4.05 | 4.05 | 0 | 0.0 | 0.00 | 0.00 |
| 990118 Applesauce, Cup, 4.5z, | serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 588 | 6.00 | *579 | 41 | 15.28 | 0.50 | 58 | 77.66 | 9.05 | 31.79 | 650 | 432.0 | 1.20 | 2.51 |
| % of Calories | | | | 9.18% | | 27.9% | 23.4% | 0.8% | | 52.8% | | 21.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/18/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990040 Pizza, French Bread Cheese | pizza | 1 | 340 | 8.00 | 500 | 6 | 14.99 | 0.00 | 45 | 34.98 | 0.00 | 17.99 | 500 | 299.9 | 9.00 | 1.80 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 570 | 8.81 | 696 | *25 | 16.63 | 0.00 | 55 | 82.29 | 6.05 | 26.83 | 8917 | 629.0 | 20.08 | 2.52 |
| % of Calories | | | | 13.91% | | *17.5% | 26.3% | 0.0% | | 57.7% | | 18.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/19/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990043 Chicken Drumstick, Breaded | Drumstick | 1 | 190 | 2.50 | 450 | 0 | 11.00 | 0.00 | 50 | 5.00 | 1.00 | 16.00 | 100 | 20.0 | 0.00 | 0.00 |
| 990121 Cinnamon Rolls Mini | roll | 1 | 90 | 0.00 | 70 | 5 | 0.50 | 0.00 | 0 | 19.00 | 1.60 | 2.00 | 198 | 10.0 | 0.19 | 0.52 |
| 000267 CELERY STICKS | CUP | 1 | 19 | 0.05 | 96 | 2 | 0.20 | 0.00 | 0 | 3.56 | 1.92 | 0.83 | 539 | 48.0 | 3.72 | 0.24 |
| 990065 Apricots, Chilled | serving | 1 | 110 | 0.00 | 0 | 23 | 0.00 | 0.00 | 0 | 24.99 | 1.99 | 0.99 | 1750 | 0.0 | 1.19 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 524 | 3.30 | 766 | 46 | 12.95 | 0.00 | 60 | 70.06 | 6.51 | 27.82 | 3087 | 378.0 | 6.30 | 0.76 |
| % of Calories | | | | 5.67% | | 35.1% | 22.2% | 0.0% | | 53.5% | | 21.2% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/20/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990047 Mini Corn Dogs | serving | 1 | 254 | 2.24 | 806 | 9 | 7.46 | 0.00 | 30 | 32.83 | 2.98 | 11.94 | 0 | 29.8 | 0.00 | 2.15 |
| 990183 Peas, Steamed | serving | 1 | 42 | 0.06 | 4 | 4 | 0.30 | 0.00 | 0 | 7.22 | 2.48 | 2.80 | 1049 | 47.2 | 17.60 | 1.92 |
| 990126 Banana, Raw | banana | 1 | 90 | 0.11 | 1 | 12 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 | 65 | 5.0 | 8.79 | 0.26 |
| 000489 MILK - Variety | HALF PINT | 1 | 140 | 1.56 | 146 | *21 | 2.59 | *N/A* | 13 | 20.87 | 0.18 | 8.52 | 444 | 316.3 | 0.85 | 0.43 |
| Weighted Daily Average | | | 525 | 3.97 | 957 | *46 | 10.69 | *0.00 | 43 | 83.98 | 8.26 | 24.35 | 1557 | 398.4 | 27.23 | 4.76 |
| % of Calories | | | | 6.81% | | *35.0% | 18.3% | *0.0% | | 64.0% | | 18.6% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/23/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|--------------|-------------|------------------------|--------------|-------------|
| 990049 Macaroni & Cheese, Chicken Tenders, Elementary | serving | 1 | 313 | 4.17 | 294 | 4 | 15.50 | 0.00 | 29 | 25.17 | 3.00 | 18.50 | 442 | 202.7 | 0.00 | 1.20 |
| 990134 Salad, Spring Mix | serving | 1 | 8 | 0.02 | 4 | 1 | 0.14 | 0.00 | 0 | 1.55 | 0.99 | 0.58 | 4094 | 15.5 | 1.88 | 0.46 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 531 | 4.99 | 449 | *21 | 17.21 | 0.00 | 39 | 69.35 | 8.39 | 27.56 | 5133 | 529.2 | 11.49 | 1.88 |
| % of Calories | | | | 8.46% | | *15.8% | 29.2% | 0.0% | | 52.2% | | 20.8% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/24/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|--------------|--------------|-------------|------------------------|-------------|-------------|
| 990042 Taco Salad, Beef | Each | 1 | 415 | 4.82 | 586 | 3 | 21.30 | 0.00 | 43 | 44.45 | 5.37 | 18.84 | 1583 | 183.6 | 8.24 | 2.96 |
| 990124 Beans, Refried | serving | 1 | 86 | 0.00 | 76 | 0 | 0.00 | 0.00 | 0 | 14.64 | 5.05 | 5.05 | 0 | 25.5 | 0.44 | 1.16 |
| 990118 Applesauce, Cup, 4.5z, | serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 696 | 5.57 | 821 | 38 | 22.55 | 0.00 | 53 | 96.58 | 12.42 | 31.89 | 2083 | 509.1 | 9.88 | 4.11 |
| % of Calories | | | | 7.20% | | 21.8% | 29.2% | 0.0% | | 55.5% | | 18.3% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/25/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|--------------|--------------|-------------|------------------------|---------------|-------------|
| 990101 Chicken Patty on Whole Grain Bun | Sandwich | 1 | 347 | 2.00 | 538 | 4 | 11.00 | 0.00 | 45 | 35.00 | 6.00 | 25.24 | 100 | 72.0 | *0.00 | 3.23 |
| 990128 Corn, Sweet Yellow Kernals | serving | 1 | 67 | 0.08 | 1 | 3 | 0.55 | 0.00 | 0 | 15.92 | 1.98 | 2.10 | 164 | 2.5 | 2.89 | 0.39 |
| 990130 Orange, Quartered | orange | 1 | 59 | 0.04 | 0 | *N/A* | 0.36 | 0.00 | 0 | 14.39 | 3.02 | 1.26 | 278 | 48.4 | 58.68 | 0.11 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 588 | 2.88 | 689 | *23 | 13.17 | 0.00 | 55 | 82.81 | 11.00 | 36.60 | 1042 | 422.9 | *62.77 | 3.73 |
| % of Calories | | | | 4.41% | | *15.6% | 20.2% | 0.0% | | 56.3% | | 24.9% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/26/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|--------------|-------------|------------------------|---------------|-------------|
| 990046 Pancakes and Turkey Sausage | serving | 1 | 319 | 2.33 | 614 | *5 | 10.32 | *0.00 | 67 | 43.72 | 3.97 | 15.31 | *0 | 82.5 | *0.00 | 3.24 |
| 990057 Cucumber Slices | Serving | 1 | 12 | 0.03 | 2 | 1 | 0.09 | 0.00 | 0 | 2.83 | 0.39 | 0.51 | 82 | 12.5 | 2.18 | 0.22 |
| 990130 Orange, Quartered | orange | 1 | 59 | 0.04 | 0 | *N/A* | 0.36 | 0.00 | 0 | 14.39 | 3.02 | 1.26 | 278 | 48.4 | 58.68 | 0.11 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 505 | 3.15 | 766 | *23 | 12.01 | *0.00 | 77 | 78.44 | 7.38 | 25.07 | *860 | 443.4 | *62.07 | 3.56 |
| % of Calories | | | | 5.61% | | *18.2% | 21.4% | *0.0% | | 62.1% | | 19.9% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

Friday - 04/27/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990125 Chicken, Drumstick, Glazed, Tyson | drumstick | 1 | 160 | 2.50 | 320 | 0 | 10.00 | 0.00 | 90 | 2.00 | 0.00 | 16.00 | 0 | 0.0 | 0.00 | 0.72 |
| 990120 Cornbread Muffin | serving | 1 | 180 | 0.50 | 90 | 15 | 6.00 | 0.00 | 15 | 28.00 | 1.00 | 3.00 | 0 | 22.0 | 0.00 | 1.00 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990064 Peaches, Chilled | serving | 1 | 60 | 0.00 | 10 | 11 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 300 | 0.0 | 1.19 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 535 | 3.76 | 614 | 45 | 17.32 | 0.00 | 115 | 66.17 | 2.64 | 27.36 | 8619 | 340.1 | 3.86 | 2.22 |
| % of Calories | | | | 6.33% | | 33.6% | 29.1% | 0.0% | | 49.5% | | 20.5% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/30/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990035 Beef Hot Dog on Whole Grain Bun | each | 1 | 325 | 6.50 | 714 | 3 | 18.00 | 0.00 | 0 | 27.00 | 2.00 | 12.00 | 0 | 57.0 | 0.00 | 2.17 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990063 Pineapple, Chilled | serving | 1 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 15.00 | 1.00 | 0.00 | 0 | 0.0 | 12.00 | 0.36 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 520 | 7.26 | 918 | 35 | 19.32 | 0.00 | 10 | 64.17 | 4.64 | 20.36 | 8319 | 375.2 | 14.67 | 3.04 |
| % of Calories | | | | 12.57% | | 26.9% | 33.4% | 0.0% | | 49.4% | | 15.7% | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=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*
- ¹ - denotes required nutrient values*
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

Menu Name: D97 Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/02/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|---------------|--------------|------------------------|-------------|--------------|
| 990035 Beef Hot Dog on Whole Grain Bun | each | 1 | 325 | 6.50 | 714 | 3 | 18.00 | 0.00 | 0 | 27.00 | 2.00 | 12.00 | 0 | 57.0 | 0.00 | 2.17 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990059 Apple Slices | bag | 1 | 30 | 0.00 | 0 | 6 | 0.00 | 0.00 | 0 | 6.80 | 1.13 | *N/A* | *N/A* | *N/A* | 0.57 | *N/A* |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| Weighted Daily Average | | | 590 | 7.76 | 1078 | 29 | 23.32 | 0.00 | 10 | 69.97 | 5.78 | *22.36 | *8319 | *395.2 | 3.24 | *3.40 |
| % of Calories | | | | 11.84% | | 19.7% | 35.6% | 0.0% | | 47.4% | | *15.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/03/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990177 Chicken Rings (Middle School) | serving | 1 | 303 | 3.16 | 455 | 1 | 17.69 | 0.00 | 51 | 15.17 | 1.26 | 21.48 | 126 | 0.0 | 0.00 | 1.82 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990180 Garbanzo Beans, Roasted, The Good Bean | bag | 1 | 91 | 0.00 | 71 | 2 | 2.02 | 0.00 | 0 | 13.16 | 4.05 | 4.05 | 0 | 0.0 | 0.00 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990172 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990081 Milk, Variety | carton | 1 | 105 | 0.45 | 126 | 16 | 0.75 | 0.00 | 6 | 17.10 | 0.00 | 7.20 | 450 | 270.0 | 1.08 | 0.00 |
| Weighted Daily Average | | | 694 | 4.16 | 824 | *20 | 24.78 | 0.00 | 57 | 84.56 | 10.72 | 35.21 | 674 | 301.0 | 9.49 | 2.76 |
| % of Calories | | | | 5.39% | | *11.5% | 32.1% | 0.0% | | 48.7% | | 20.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/04/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990041 Pizza, Deep Dish Cheese | pizza | 1 | 333 | 6.05 | 484 | 10 | 12.10 | 0.00 | 30 | 38.32 | 4.03 | 17.14 | 303 | 201.7 | 0.00 | 2.72 |
| 990063 Pineapple, Chilled | serving | 1 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 15.00 | 1.00 | 0.00 | 0 | 0.0 | 12.00 | 0.36 |
| 990163 Broccoli, Raw Florets | serving | 1 | 15 | 0.02 | 15 | 1 | 0.17 | 0.00 | 0 | 3.02 | 1.18 | 1.28 | 283 | 21.4 | 40.59 | 0.33 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 583 | 6.82 | 667 | 53 | 13.52 | 0.00 | 40 | 87.84 | 6.22 | 27.43 | 1086 | 533.1 | 113.79 | 3.78 |
| % of Calories | | | | 10.53% | | 36.4% | 20.9% | 0.0% | | 60.3% | | 18.8% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/05/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|--------------|------------|------------------------|--------------|-------------|
| 990045 French Toast Sticks, Middle School | -serving | 1 | 280 | 2.67 | 427 | 11 | 9.33 | 0.00 | 167 | 37.32 | 2.67 | 10.66 | 267 | 80.0 | 0.00 | 2.40 |
| 990139 Potatoes, Breakfast | -serving | 1 | 118 | 0.54 | 374 | 0 | 4.28 | 0.00 | 0 | 18.19 | 2.14 | 2.14 | 0 | 0.0 | 1.28 | 0.00 |
| 990126 Banana, Raw | banana | 1 | 90 | 0.11 | 1 | 12 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 | 65 | 5.0 | 8.79 | 0.26 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 603 | 4.06 | 952 | 40 | 15.19 | 0.00 | 177 | 96.08 | 7.43 | 21.90 | 831 | 385.0 | 11.27 | 2.66 |
| % of Calories | | | | 6.06% | | 26.5% | 22.7% | 0.0% | | 63.7% | | 14.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/06/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|--------------|-------------------------|-------------|--------------|-------------|---------------|--------------|------------------------|--------------|--------------|
| 990036 Cheeseburger on Whole Grain Bun | each | 1 | 302 | 5.25 | *348 | 4 | 12.00 | 0.50 | 48 | 27.00 | 3.00 | 19.74 | 150 | 132.0 | 0.00 | 2.51 |
| 990182 Green Beans | -serving | 1 | 19 | 0.03 | 6 | *N/A* | 0.11 | 0.00 | 0 | 4.35 | 2.00 | 1.01 | 376 | 33.0 | 2.80 | 0.59 |
| 990059 Apple Slices | bag | 1 | 30 | 0.00 | 0 | 6 | 0.00 | 0.00 | 0 | 6.80 | 1.13 | *N/A* | *N/A* | *N/A* | 0.57 | *N/A* |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 526 | 6.03 | *512 | *40 | 13.36 | 0.50 | 58 | 69.65 | 6.13 | *29.75 | *1026 | *475.0 | 64.57 | *3.46 |
| % of Calories | | | | 10.32% | | *30.4% | 22.9% | 0.9% | | 53.0% | | *22.6% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

Monday - 04/09/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990048 Macaroni & Cheese, Chicken Tenders, Middle School | -serving | 1 | 400 | 5.00 | 424 | 4 | 20.50 | 0.00 | 38 | 30.50 | 4.00 | 23.50 | 475 | 204.0 | 0.00 | 1.80 |
| 990134 Salad, Spring Mix | -serving | 1 | 8 | 0.02 | 4 | 1 | 0.14 | 0.00 | 0 | 1.55 | 0.99 | 0.58 | 4094 | 15.5 | 1.88 | 0.46 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 618 | 5.82 | 579 | *21 | 22.20 | 0.00 | 48 | 74.68 | 9.39 | 32.55 | 5167 | 530.5 | 11.49 | 2.47 |
| % of Calories | | | | 8.48% | | *13.6% | 32.3% | 0.0% | | 48.3% | | 21.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/10/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990042 Taco Salad, Beef | Each | 1 | 415 | 4.82 | 586 | 3 | 21.30 | 0.00 | 43 | 44.45 | 5.37 | 18.84 | 1583 | 183.6 | 8.24 | 2.96 |
| 990124 Beans, Refried | -serving | 1 | 86 | 0.00 | 76 | 0 | 0.00 | 0.00 | 0 | 14.64 | 5.05 | 5.05 | 0 | 25.5 | 0.44 | 1.16 |
| 990118 Applesauce, Cup, 4.5z, | -serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 756 | 5.57 | 829 | 51 | 22.55 | 0.00 | 53 | 110.58 | 12.42 | 32.89 | 2083 | 519.1 | 69.88 | 4.47 |
| % of Calories | | | | 6.63% | | 27.0% | 26.8% | 0.0% | | 58.5% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/11/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990052 Chicken, Popcorn, Middle School | each | 1 | 362 | 3.62 | 550 | 1 | 21.70 | 0.00 | 36 | 23.14 | 4.34 | 21.70 | 145 | 0.0 | 0.00 | 2.60 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| 990135 Tomatoes, Cherry | serving | 1 | 13 | 0.02 | 4 | 2 | 0.15 | 0.00 | 0 | 2.90 | 0.89 | 0.66 | 621 | 7.4 | 10.21 | 0.20 |
| 990131 Grapes, Purple | serving | 1 | 31 | 0.05 | 1 | 7 | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 621 | 4.94 | 874 | 28 | 27.26 | 0.00 | 46 | 65.43 | 6.65 | 32.64 | 1311 | 333.9 | 13.25 | 3.66 |
| % of Calories | | | | 7.16% | | 18.0% | 39.5% | 0.0% | | 42.1% | | 21.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/12/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990122 Cheeseburger Meatloaf | slice | 1 | 173 | 5.07 | 396 | 5 | 10.15 | 0.00 | 30 | 8.12 | 1.02 | 12.18 | 203 | 60.9 | 9.14 | 1.46 |
| 990097 Bread, Dinner Roll | roll | 1 | 84 | 0.24 | 161 | 3 | 1.32 | 0.00 | 0 | 15.38 | 1.78 | 3.80 | 0 | 30.8 | 0.00 | 0.72 |
| 990128 Corn, Sweet Yellow Kernals | serving | 1 | 67 | 0.08 | 1 | 3 | 0.55 | 0.00 | 0 | 15.92 | 1.98 | 2.10 | 164 | 2.5 | 2.89 | 0.39 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| Weighted Daily Average | | | 633 | 6.70 | 880 | *29 | 17.58 | 0.00 | 40 | 96.06 | 10.18 | 28.56 | 965 | 425.2 | 21.63 | 3.51 |
| % of Calories | | | | 9.53% | | *18.3% | 25.0% | 0.0% | | 60.7% | | 18.0% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/13/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990101 Chicken Patty on Whole Grain Bun | Sandwich | 1 | 347 | 2.00 | 538 | 4 | 11.00 | 0.00 | 45 | 35.00 | 6.00 | 25.24 | 100 | 72.0 | *0.00 | 3.23 |
| 990057 Cucumber Slices | Serving | 1 | 12 | 0.03 | 2 | 1 | 0.09 | 0.00 | 0 | 2.83 | 0.39 | 0.51 | 82 | 12.5 | 2.18 | 0.22 |
| 990065 Apricots, Chilled | serving | 1 | 110 | 0.00 | 0 | 23 | 0.00 | 0.00 | 0 | 24.99 | 1.99 | 0.99 | 1750 | 0.0 | 1.19 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 644 | 2.78 | 698 | 58 | 12.34 | 0.00 | 55 | 94.32 | 8.38 | 35.74 | 2432 | 394.5 | *64.58 | 3.81 |
| % of Calories | | | | 3.89% | | 36.0% | 17.2% | 0.0% | | 58.6% | | 22.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/16/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990179 Pasta with Meatballs, Middle School | serving | 1 | 343 | 3.54 | 287 | 8 | 11.30 | 8.84 | 36 | 42.58 | 6.57 | 18.38 | 829 | 76.1 | 10.07 | 3.50 |
| 990097 Bread, Dinner Roll | roll | 1 | 84 | 0.24 | 161 | 3 | 1.32 | 0.00 | 0 | 15.38 | 1.78 | 3.80 | 0 | 30.8 | 0.00 | 0.72 |
| 990133 Spinach Salad | serving | 1 | 7 | 0.02 | 24 | 0 | 0.12 | 0.00 | 0 | 1.09 | 0.66 | 0.86 | 2813 | 29.7 | 8.43 | 0.81 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 000489 MILK - Variety | HALF PINT | 1 | 140 | 1.56 | 146 | *21 | 2.59 | *N/A* | 13 | 20.87 | 0.18 | 8.52 | 444 | 316.3 | 0.85 | 0.43 |
| Weighted Daily Average | | | 669 | 5.41 | 621 | *32 | 15.64 | *8.84 | 49 | 105.05 | 13.59 | 32.02 | 4184 | 463.9 | 27.75 | 5.68 |
| % of Calories | | | | 7.28% | | *19.1% | 21.0% | *11.9% | | 62.8% | | 19.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Tuesday - 04/17/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990036 Cheeseburger on Whole Grain Bun | each | 1 | 302 | 5.25 | *348 | 4 | 12.00 | 0.50 | 48 | 27.00 | 3.00 | 19.74 | 150 | 132.0 | 0.00 | 2.51 |
| 990180 Garbanzo Beans, Roasted, The Good Bean | bag | 1 | 91 | 0.00 | 71 | 2 | 2.02 | 0.00 | 0 | 13.16 | 4.05 | 4.05 | 0 | 0.0 | 0.00 | 0.00 |
| 990118 Applesauce, Cup, 4.5z, | serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 648 | 6.00 | *587 | 54 | 15.28 | 0.50 | 58 | 91.66 | 9.05 | 32.79 | 650 | 442.0 | 61.20 | 2.87 |
| % of Calories | | | | 8.33% | | 33.3% | 21.2% | 0.7% | | 56.6% | | 20.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/18/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990040 Pizza, French Bread Cheese | pizza | 1 | 340 | 8.00 | 500 | 6 | 14.99 | 0.00 | 45 | 34.98 | 0.00 | 17.99 | 500 | 299.9 | 9.00 | 1.80 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| Weighted Daily Average | | | 670 | 9.31 | 866 | *26 | 20.63 | 0.00 | 55 | 96.29 | 7.05 | 28.83 | 8917 | 649.0 | 20.08 | 3.24 |
| % of Calories | | | | 12.51% | | *15.5% | 27.7% | 0.0% | | 57.5% | | 17.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/19/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990043 Chicken Drumstick, Breaded | Drumstick | 1 | 190 | 2.50 | 450 | 0 | 11.00 | 0.00 | 50 | 5.00 | 1.00 | 16.00 | 100 | 20.0 | 0.00 | 0.00 |
| 990121 Cinnamon Rolls Mini | roll | 1 | 90 | 0.00 | 70 | 5 | 0.50 | 0.00 | 0 | 19.00 | 1.60 | 2.00 | 198 | 10.0 | 0.19 | 0.52 |
| 000267 CELERY STICKS | CUP | 1 | 19 | 0.05 | 96 | 2 | 0.20 | 0.00 | 0 | 3.56 | 1.92 | 0.83 | 539 | 48.0 | 3.72 | 0.24 |
| 990065 Apricots, Chilled | serving | 1 | 110 | 0.00 | 0 | 23 | 0.00 | 0.00 | 0 | 24.99 | 1.99 | 0.99 | 1750 | 0.0 | 1.19 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 584 | 3.30 | 774 | 59 | 12.95 | 0.00 | 60 | 84.06 | 6.51 | 28.82 | 3087 | 388.0 | 66.30 | 1.12 |
| % of Calories | | | | 5.09% | | 40.4% | 20.0% | 0.0% | | 57.6% | | 19.7% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/20/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|---------------|---------------|-------------------------|-------------|--------------|-------------|--------------|-------------|------------------------|--------------|-------------|
| 990047 Mini Corn Dogs | serving | 1 | 254 | 2.24 | 806 | 9 | 7.46 | 0.00 | 30 | 32.83 | 2.98 | 11.94 | 0 | 29.8 | 0.00 | 2.15 |
| 990183 Peas, Steamed | serving | 1 | 42 | 0.06 | 4 | 4 | 0.30 | 0.00 | 0 | 7.22 | 2.48 | 2.80 | 1049 | 47.2 | 17.60 | 1.92 |
| 990126 Banana, Raw | banana | 1 | 90 | 0.11 | 1 | 12 | 0.33 | 0.00 | 0 | 23.07 | 2.63 | 1.10 | 65 | 5.0 | 8.79 | 0.26 |
| 000489 MILK - Variety | HALF PINT | 1 | 140 | 1.56 | 146 | *21 | 2.59 | *N/A* | 13 | 20.87 | 0.18 | 8.52 | 444 | 316.3 | 0.85 | 0.43 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 585 | 3.97 | 965 | *59 | 10.69 | *0.00 | 43 | 97.98 | 8.26 | 25.35 | 1557 | 408.4 | 87.23 | 5.12 |
| % of Calories | | | | 6.11% | | *40.3% | 16.4% | *0.0% | | 67.0% | | 17.3% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/23/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|---------------|---------------|-------------------------|-------------|--------------|-------------|--------------|-------------|------------------------|--------------|-------------|
| 990048 Macaroni & Cheese, Chicken Tenders, Middle School | serving | 1 | 400 | 5.00 | 424 | 4 | 20.50 | 0.00 | 38 | 30.50 | 4.00 | 23.50 | 475 | 204.0 | 0.00 | 1.80 |
| 990134 Salad, Spring Mix | serving | 1 | 8 | 0.02 | 4 | 1 | 0.14 | 0.00 | 0 | 1.55 | 0.99 | 0.58 | 4094 | 15.5 | 1.88 | 0.46 |
| 990132 Apple, Red | apple | 1 | 95 | 0.05 | 2 | *N/A* | 0.31 | 0.00 | 0 | 25.13 | 4.40 | 0.47 | 98 | 11.0 | 8.41 | 0.22 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| Weighted Daily Average | | | 618 | 5.82 | 579 | *21 | 22.20 | 0.00 | 48 | 74.68 | 9.39 | 32.55 | 5167 | 530.5 | 11.49 | 2.47 |
| % of Calories | | | | 8.48% | | *13.6% | 32.3% | 0.0% | | 48.3% | | 21.1% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

Tuesday - 04/24/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990042 Taco Salad, Beef | Each | 1 | 415 | 4.82 | 586 | 3 | 21.30 | 0.00 | 43 | 44.45 | 5.37 | 18.84 | 1583 | 183.6 | 8.24 | 2.96 |
| 990124 Beans, Refried | serving | 1 | 86 | 0.00 | 76 | 0 | 0.00 | 0.00 | 0 | 14.64 | 5.05 | 5.05 | 0 | 25.5 | 0.44 | 1.16 |
| 990118 Applesauce, Cup, 4.5z, | serving | 1 | 80 | 0.00 | 10 | 19 | 0.00 | 0.00 | 0 | 20.00 | 2.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 756 | 5.57 | 829 | 51 | 22.55 | 0.00 | 53 | 110.58 | 12.42 | 32.89 | 2083 | 519.1 | 69.88 | 4.47 |
| % of Calories | | | | 6.63% | | 27.0% | 26.8% | 0.0% | | 58.5% | | 17.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Wednesday - 04/25/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990101 Chicken Patty on Whole Grain Bun | Sandwich | 1 | 347 | 2.00 | 538 | 4 | 11.00 | 0.00 | 45 | 35.00 | 6.00 | 25.24 | 100 | 72.0 | *0.00 | 3.23 |
| 990128 Corn, Sweet Yellow Kernal | serving | 1 | 67 | 0.08 | 1 | 3 | 0.55 | 0.00 | 0 | 15.92 | 1.98 | 2.10 | 164 | 2.5 | 2.89 | 0.39 |
| 990130 Orange, Quartered | orange | 1 | 59 | 0.04 | 0 | *N/A* | 0.36 | 0.00 | 0 | 14.39 | 3.02 | 1.26 | 278 | 48.4 | 58.68 | 0.11 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 648 | 2.88 | 697 | *36 | 13.17 | 0.00 | 55 | 96.81 | 11.00 | 37.60 | 1042 | 432.9 | *122.77 | 4.09 |
| % of Calories | | | | 4.00% | | *22.2% | 18.3% | 0.0% | | 59.8% | | 23.2% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Thursday - 04/26/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990046 Pancakes and Turkey Sausage | serving | 1 | 319 | 2.33 | 614 | *5 | 10.32 | *0.00 | 67 | 43.72 | 3.97 | 15.31 | *0 | 82.5 | *0.00 | 3.24 |
| 990057 Cucumber Slices | Serving | 1 | 12 | 0.03 | 2 | 1 | 0.09 | 0.00 | 0 | 2.83 | 0.39 | 0.51 | 82 | 12.5 | 2.18 | 0.22 |
| 990130 Orange, Quartered | orange | 1 | 59 | 0.04 | 0 | *N/A* | 0.36 | 0.00 | 0 | 14.39 | 3.02 | 1.26 | 278 | 48.4 | 58.68 | 0.11 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990080 Juice, 4z | cup | 1 | 60 | 0.00 | 8 | 13 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 1.00 | 0 | 10.0 | 60.00 | 0.36 |
| Weighted Daily Average | | | 565 | 3.15 | 774 | *36 | 12.01 | *0.00 | 77 | 92.44 | 7.38 | 26.07 | *860 | 453.4 | *122.07 | 3.92 |
| % of Calories | | | | 5.02% | | *25.5% | 19.1% | *0.0% | | 65.4% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Friday - 04/27/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990125 Chicken, Drumstick, Glazed, Tyson | drumstick | 1 | 160 | 2.50 | 320 | 0 | 10.00 | 0.00 | 90 | 2.00 | 0.00 | 16.00 | 0 | 0.0 | 0.00 | 0.72 |
| 990120 Cornbread Muffin | serving | 1 | 180 | 0.50 | 90 | 15 | 6.00 | 0.00 | 15 | 28.00 | 1.00 | 3.00 | 0 | 22.0 | 0.00 | 1.00 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990064 Peaches, Chilled | serving | 1 | 60 | 0.00 | 10 | 11 | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 300 | 0.0 | 1.19 | 0.00 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |
| 990119 Cracker, Cheddar Cheese, Goldfish | serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| Weighted Daily Average | | | 635 | 4.26 | 784 | 46 | 21.32 | 0.00 | 115 | 80.17 | 3.64 | 29.36 | 8619 | 360.1 | 3.86 | 2.94 |
| % of Calories | | | | 6.04% | | 29.0% | 30.2% | 0.0% | | 50.5% | | 18.5% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=0 | | | | | | | | | |

Monday - 04/30/2018

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990035 Beef Hot Dog on Whole Grain Bun | each | 1 | 325 | 6.50 | 714 | 3 | 18.00 | 0.00 | 0 | 27.00 | 2.00 | 12.00 | 0 | 57.0 | 0.00 | 2.17 |
| 990058 Carrots, Baby | Serving | 1 | 20 | 0.01 | 44 | 3 | 0.07 | 0.00 | 0 | 4.67 | 1.64 | 0.36 | 7819 | 18.1 | 1.47 | 0.50 |
| 990063 Pineapple, Chilled | serving | 1 | 60 | 0.00 | 10 | 13 | 0.00 | 0.00 | 0 | 15.00 | 1.00 | 0.00 | 0 | 0.0 | 12.00 | 0.36 |
| 990082 Milk, Variety | carton | 1 | 115 | 0.75 | 150 | 16 | 1.25 | 0.00 | 10 | 17.50 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Apr 2, 2018 thru Apr 30, 2018

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990119 Cracker, Cheddar Cheese, Goldfish | 1 serving | 1 | 100 | 0.50 | 170 | 1 | 4.00 | 0.00 | 0 | 14.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.72 |
| Weighted Daily Average | | | 620 | 7.76 | 1088 | 36 | 23.32 | 0.00 | 10 | 78.17 | 5.64 | 22.36 | 8319 | 395.2 | 14.67 | 3.76 |
| % of Calories | | | | 11.26% | | 23.2% | 33.9% | 0.0% | | 50.4% | | 14.4% | | | | |
| Weekly Nutrient Guideline | | | 600 - 650 | <10 | 1230 | | <=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*
- ¹ - denotes required nutrient values*
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

D97 Alternate Entrees (Cold Options)

Sandwich, Turkey & Cheese

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|
| 990090 Turkey and Cheese Sandwich, D97 | Sandwich | 1 | 252 | 3.88 | 656 | 3 | 8.99 | 0.00 | 35 | 27.30 | 3.05 | 17.06 | 650 | 117.1 | 0.24 |

Sandwich, Turkey Combo & Cheese Sub

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|
| 990092 Turkey Combo and Cheese Sub Sandwich, D97 | Sandwich | 1 | 256 | 4.23 | 817 | 4 | 10.73 | 0.00 | 41 | 27.45 | 2.49 | 27.80 | 650 | 174.5 | 0.84 |

Sandwich, Turkey Ham & Cheese

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|
| 990091 Turkey Ham and Cheese Sandwich, D97 | Sandwich | 1 | 247 | 3.88 | 751 | 3 | 8.99 | 0.00 | 43 | 27.80 | 3.05 | 16.06 | 650 | 127.1 | 0.84 |

Salad, String Cheese, Goldfish Lunch

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|
| 990093 Salad, Vegetarian D97 Elem | salad | 1 | 279 | 7.62 | 612 | 2 | 16.36 | 0.00 | 30 | 19.62 | 2.66 | 17.19 | 6662 | 450.2 | 12.50 |

Pizza Kit

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) |
|------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|
| 990029 Pizza Kit | Kit | 1 | 311 | 4.54 | 722 | 6 | 11.07 | 0.00 | 15 | 36.00 | 3.69 | 13.09 | 463 | 239.4 | 6.06 |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition. 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.

strict 200



| |
|--------------|
| Iron (mg) |
| 1.68 |

| |
|--------------|
| Iron (mg) |
| 5.00 |

| |
|--------------|
| Iron (mg) |
| 1.86 |

| |
|--------------|
| Iron (mg) |
| 1.30 |

| |
|--------------|
| Iron (mg) |
| 0.83 |

ion or food allergy.