



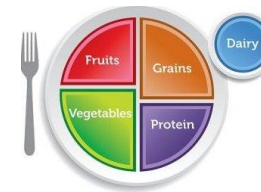
**District 97 Taste Test** On February 28, about 30 students participated in a taste test to try new foods to be served at breakfast and lunch. We've added a few of the contestants to the April Lunch Menu -- Chicken Rings, Pasta and Meatballs, Cheeseburger Meatloaf and Cornbread Muffins. Be on the lookout 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
<b>A</b>	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>B</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
<b>C</b>	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
<b>D</b>	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
<b>E</b>	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



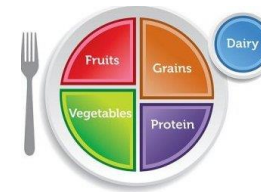
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We follow the robust USDA guidelines that provide a well-balanced meal for students, including at protein, grains, fruits, vegetables, and milk. Our grains are always whole; proteins are lean and low-sodium; fruits and vegetables are plentiful and 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
<b>A</b>	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>B</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
<b>C</b>	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
<b>D</b>	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
<b>E</b>	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:

### 2<sup>nd</sup> 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>533</b>	<b>3.40</b>	<b>846</b>	<b>37</b>	<b>12.86</b>	<b>0.00</b>	<b>135</b>	<b>86.76</b>	<b>6.77</b>	<b>19.24</b>	<b>765</b>	<b>365.0</b>	<b>11.27</b>	<b>2.06</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>466</b>	<b>6.03</b>	<b>*504</b>	<b>*27</b>	<b>13.36</b>	<b>0.50</b>	<b>58</b>	<b>55.65</b>	<b>6.13</b>	<b>*28.75</b>	<b>*1026</b>	<b>*465.0</b>	<b>4.57</b>	<b>*3.10</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>531</b>	<b>4.99</b>	<b>449</b>	<b>*21</b>	<b>17.21</b>	<b>0.00</b>	<b>39</b>	<b>69.35</b>	<b>8.39</b>	<b>27.56</b>	<b>5133</b>	<b>529.2</b>	<b>11.49</b>	<b>1.88</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>696</b>	<b>5.57</b>	<b>821</b>	<b>38</b>	<b>22.55</b>	<b>0.00</b>	<b>53</b>	<b>96.58</b>	<b>12.42</b>	<b>31.89</b>	<b>2083</b>	<b>509.1</b>	<b>9.88</b>	<b>4.11</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>531</b>	<b>4.99</b>	<b>449</b>	<b>*21</b>	<b>17.21</b>	<b>0.00</b>	<b>39</b>	<b>69.35</b>	<b>8.39</b>	<b>27.56</b>	<b>5133</b>	<b>529.2</b>	<b>11.49</b>	<b>1.88</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>696</b>	<b>5.57</b>	<b>821</b>	<b>38</b>	<b>22.55</b>	<b>0.00</b>	<b>53</b>	<b>96.58</b>	<b>12.42</b>	<b>31.89</b>	<b>2083</b>	<b>509.1</b>	<b>9.88</b>	<b>4.11</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>588</b>	<b>2.88</b>	<b>689</b>	<b>*23</b>	<b>13.17</b>	<b>0.00</b>	<b>55</b>	<b>82.81</b>	<b>11.00</b>	<b>36.60</b>	<b>1042</b>	<b>422.9</b>	<b>*62.77</b>	<b>3.73</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>505</b>	<b>3.15</b>	<b>766</b>	<b>*23</b>	<b>12.01</b>	<b>*0.00</b>	<b>77</b>	<b>78.44</b>	<b>7.38</b>	<b>25.07</b>	<b>*860</b>	<b>443.4</b>	<b>*62.07</b>	<b>3.56</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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*
- <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.

# 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>590</b>	<b>7.76</b>	<b>1078</b>	<b>29</b>	<b>23.32</b>	<b>0.00</b>	<b>10</b>	<b>69.97</b>	<b>5.78</b>	<b>*22.36</b>	<b>*8319</b>	<b>*395.2</b>	<b>3.24</b>	<b>*3.40</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>603</b>	<b>4.06</b>	<b>952</b>	<b>40</b>	<b>15.19</b>	<b>0.00</b>	<b>177</b>	<b>96.08</b>	<b>7.43</b>	<b>21.90</b>	<b>831</b>	<b>385.0</b>	<b>11.27</b>	<b>2.66</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
<b>Weighted Daily Average</b>			<b>526</b>	<b>6.03</b>	<b>*512</b>	<b>*40</b>	<b>13.36</b>	<b>0.50</b>	<b>58</b>	<b>69.65</b>	<b>6.13</b>	<b>*29.75</b>	<b>*1026</b>	<b>*475.0</b>	<b>64.57</b>	<b>*3.46</b>
% 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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

# Base Menu Spreadsheet

## Weighted Values

Apr 2, 2018 thru Apr 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			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*

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

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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## D97 Alternate Entrees (Cold Options)

### Sandwich, Turkey & Cheese

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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

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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.*