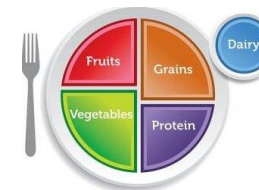


Illinois Harvest of the Month Spotlight: SPINACH. In the 1930's US spinach growers credited Popeye, a cartoon character, with a 33% increase in domestic spinach consumption- a welcome boost to an industry during the depression era. For more information about this Seven Generations Ahead program, visit: <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

MAY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A		1 Chicken Rings Whole Grain Cheddar Crackers Baby Carrots Apple Milk	2 Personal Cheese Pizza Broccoli Bites Chilled Pineapple Milk	3 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk	4 Lightly Breaded Chicken Filet on Whole Grain Bread Seasoned Yellow Corn Apple Slices Milk
B	7 Mac and Cheese with Crispy Chicken Tenders Baby Carrots Red Delicious Apple Milk	8 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Apple Slices Milk	9 Popcorn Chicken Whole Grain Cheddar Crackers Green Beans Quartered Oranges Milk	10 Breaded Chicken Drumstick Mini Cinnamon Roll Celery Sticks Fresh Strawberries Milk	11 Loaded Baked Potato with Beef & Bean Chili, Broccoli, and Cheese Crunchy Apple Milk
C	14 Whole Grain Pasta with Meat Sauce Whole Grain Dinner Roll Spinach Salad Gala Apple Milk	15 Cheeseburger on Whole Grain Bun Crunchy Garbanzo Beans Apple Slices Milk	16 Three-Cheese French Bread Pizza Pea Pods Quartered Oranges Milk	17 Whole Grain Pancakes Turkey Sausage Cucumber Coins Banana Milk	18 Lightly Breaded Chicken Filet on Whole Grain Bread Baby Carrots Chilled Apricots Milk
D	21 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk	22 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup Milk	23 Corn dogs Cherry Red Tomatoes Purple Grapes Milk	24 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk	25 Cheeseburger on Whole Grain Bun Celery Sticks Apple Milk
E	28 Memorial Day No School	29 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Apple Slices Milk	30 Personal Cheese Pizza Cucumber Coins Granny Smith Apple Milk	31 Popcorn Chicken Whole Grain Cheddar Crackers Spring Salad Mix Red Delicious Apples Milk	June 1 Half-Day No Lunch Served

DAILY ALTERNATIVE ENTREE FEATURES FROM THE OPRF KITCHEN:

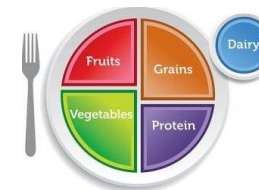
<p>DELI SANDWICH</p> <ul style="list-style-type: none"> a. Turkey Ham & Cheese on Whole Grain Bread b. Cold Cut Turkey Combo & Cheese on Sub Bun c. Roasted Turkey & Cheese on Whole Grain Bread d. Italian Turkey Combo & Cheese Submarine e. Turkey Ham & cheese on Whole Grain Bread 	<p>LUNCH KIT</p> <p>Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese</p>	<ul style="list-style-type: none"> -All grain products are whole grain -Cold, refreshing <i>local</i> milk available in white and chocolate is all rBST free -Produce is sourced locally when available
<p>GARDEN FRESH SALAD</p> <p>Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers</p>		

Illinois Harvest of the Month Spotlight: SPINACH. In the 1930's US spinach growers credited Popeye, a cartoon character, with a 33% increase in domestic spinach consumption- a welcome boost to an industry during the depression era. 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 MIDDLE SCHOOLS

MAY 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
A		1 Chicken Rings Whole Grain Cheddar Crackers Baby Carrots Apple Milk	2 Personal Cheese Pizza Broccoli Bites Chilled Pineapple 100% Juice Milk	3 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk	4 Lightly Breaded Chicken Filet on Whole Grain Bread Seasoned Yellow Corn Apple Slices 100% Juice Milk
B	7 Mac and Cheese with Crispy Chicken Tenders Baby Carrots Red Delicious Apple Milk	8 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Apple Slices 100% Juice Milk	9 Popcorn Chicken Whole Grain Cheddar Crackers Green Beans Quartered Oranges Milk	10 Breaded Chicken Drumstick Mini Cinnamon Roll Celery Sticks Fresh Strawberries 100% Juice Milk	11 Loaded Baked Potato with Beef & Bean Chili, Broccoli, and Cheese Crunchy Apple 100% Juice Milk
C	14 Whole Grain Pasta with Meat Sauce Whole Grain Dinner Roll Spinach Salad Gala Apple Milk	15 Cheeseburger on Whole Grain Bun Crunchy Garbanzo Beans Apple Slices Whole Grain Crackers Milk	16 Three-Cheese French Bread Pizza Pea Pods Quartered Oranges Whole Grain Crackers Milk	17 Whole Grain Pancakes Turkey Sausage Cucumber Coins Banana 100% Juice Milk	18 Lightly Breaded Chicken Filet on Whole Grain Bread Baby Carrots Chilled Apricots 100% Juice Milk
D	21 Mac and Cheese with Crispy Chicken Tenders Spring Mix Salad w/ Italian Dressing Granny Smith Apple Milk	22 Taco Salad with Beef Taco Meat, Baked Tortilla Chips, Shredded Cheese & Lettuce, and Salsa Refried Beans Applesauce Cup 100% Juice Milk	23 Corndogs Cherry Red Tomatoes Purple Grapes 100% Juice Milk	24 French Toast Sticks w/ Maple Syrup Breakfast Potatoes Banana Milk	25 Cheeseburger on Whole Grain Bun Celery Sticks Apple Whole Grain Crackers Milk
E	28 Memorial Day No School	29 All-Natural Beef Hot Dog on a Whole Grain Bun Baby Carrots Apple Slices Whole Grain Crackers Milk	30 Personal Cheese Pizza Cucumber Coins Granny Smith Apple 100% Juice Milk	31 Popcorn Chicken Whole Grain Cheddar Crackers Spring Salad Mix Red Delicious Apples Milk	June 1 Half-Day No Lunch Served

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. Cheeseburger on Whole Grain Bun
e. No 2 nd Entree

LUNCH KIT
Whole Grain Flatbread + Pizza Sauce + Shredded Mozzarella Cheese

GARDEN FRESH SALAD
Vegetarian Salad + Mozzarella String Cheese Sticks + Whole Grain Crackers

DELI SANDWICHES
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 & Cheese on Whole Grain Bread



May 2018 District 97 Breakfast Menu

Tuesday-Thursday Hot Breakfast

Beye, Hatch, Holmes, & Whittier Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Maple Waffle Chilled Fruit Milk	2 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	3 Egg & Cheese Breakfast Sandwich Chilled Fruit Milk	4 Blueberry Muffin Fresh Fruit Milk
7 Breakfast Kit Milk	8 Blueberry Waffle Chilled Fruit Milk	9 Blueberry Muffin Fresh Fruit Milk	10 Maple Mini Pancakes Chilled Fruit Milk	11 Strawberry Cream Cheese-Filled Mini Bagels Fresh Fruit Milk
14 Breakfast Kit Milk	15 Cinnamon-Swirl French Toast Chilled Fruit Milk	16 Breakfast Crescent Roll Fresh Fruit Milk	17 Egg & Bacon Breakfast Pizza Chilled Fruit Milk	18 Blueberry Muffin Fresh Fruit Milk
21 Breakfast Kit Milk	22 Chef's Choice Chilled Fruit Milk	23 Blueberry Muffin Fresh Fruit Milk	24 Chef's Choice Chilled Fruit Milk	25 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk
28 No School Memorial Day	29 Breakfast Kit Milk	30 Breakfast Kit Milk	31 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.



May 2018 District 97 Breakfast Menu

Wednesday-Friday Hot Breakfast

Brooks, Irving, Julian and Longfellow Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	2 Maple Waffle Chilled Fruit Milk	3 Blueberry Muffin Fresh Fruit Milk	4 Egg & Cheese Breakfast Sandwich Chilled Fruit Milk
7 Breakfast Kit Milk	8 Blueberry Muffin Fresh Fruit Milk	9 Blueberry Waffle Chilled Fruit Milk	10 Strawberry Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	11 Maple Mini Pancakes Chilled Fruit Milk
14 Breakfast Kit Milk	15 Breakfast Crescent Roll Fresh Fruit Milk	16 Cinnamon-Swirl French Toast Chilled Fruit Milk	17 Blueberry Muffin Fresh Fruit Milk	18 Egg & Bacon Breakfast Pizza Chilled Fruit Milk
21 Breakfast Kit Milk	22 Blueberry Muffin Fresh Fruit Milk	23 Chef's Choice Chilled Fruit Milk	24 Cinnamon Cream Cheese-Filled Mini Bagels Fresh Fruit Milk	25 Chef's Choice Chilled Fruit Milk
28 No School Memorial Day	29 Breakfast Kit Milk	30 Breakfast Kit Milk	31 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.

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 2018

Menu Name: D97 Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 05/01/2018

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
990203 Craisins, 1.5z, OceanSpray	bag	1	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	*N/A*	0.00	*N/A*
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			649	3.48	731	44	20.93	0.00	46	84.39	9.06	30.44	551	*290.0	1.08	*2.18
% of Calories				4.83%		27.1%	29.0%	0.0%		52.0%		18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/02/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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 - 05/03/2018

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)
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
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 - 05/04/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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
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			559	2.84	689	29	12.80	0.00	55	75.23	9.11	*35.34	*764	*374.5	*4.66	*3.62
% of Calories				4.57%		20.8%	20.6%	0.0%		53.8%		*25.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 05/07/2018

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)
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
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			543	4.99	490	*23	17.14	0.00	39	72.48	9.05	27.34	8858	531.8	11.08	1.92
% of Calories				8.27%		*16.9%	28.4%	0.0%		53.4%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/08/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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
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			646	5.57	811	25	22.55	0.00	53	83.39	11.55	*31.89	*2083	*509.1	10.45	*4.11
% of Calories				7.76%		15.5%	31.4%	0.0%		51.6%		*19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/09/2018

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)	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
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
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			534	3.73	692	*18	20.19	0.00	34	65.67	8.92	26.74	1251	401.4	62.69	3.16
% of Calories				6.29%		*13.5%	34.0%	0.0%		49.2%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 2018

Thursday - 05/10/2018

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)
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
990204 Strawberries, Fresh	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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			460	3.32	767	30	13.39	0.00	60	56.12	7.40	27.79	1354	401.0	89.78	1.35
% of Calories				6.50%		26.1%	26.2%	0.0%		48.8%		24.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/11/2018

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)
990205 Baked Potato, Loaded	each	1	311	3.96	222	*2	7.24	0.00	31	44.03	5.00	14.90	780	156.8	22.39	3.45
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
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
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

May 1, 2018 thru May 31, 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			636	5.28	559	*21	12.97	0.00	41	103.68	11.58	26.66	1661	509.1	72.59	4.72
% of Calories				7.47%		*13.2%	18.4%	0.0%		65.2%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 05/14/2018

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)
990054 Pasta with Meat Sauce, Elementary	serving	1	259	2.80	295	8	7.75	0.00	55	29.50	5.00	18.50	647	44.0	19.00	3.35
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
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
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			560	3.86	632	*28	10.75	0.00	65	88.60	11.84	31.63	4058	415.5	37.04	5.10
% of Calories				6.20%		*20.0%	17.3%	0.0%		63.3%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/15/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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
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
Weighted Daily Average			568	6.00	*579	35	15.28	0.50	58	72.66	8.05	31.79	650	432.0	13.20	2.87
% of Calories				9.51%		24.6%	24.2%	0.8%		51.2%		22.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/16/2018

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)
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 - 05/17/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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									

Friday - 05/18/2018

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)
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 - 05/21/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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 - 05/22/2018

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									

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 2018

Wednesday - 05/23/2018

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)
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									

Thursday - 05/24/2018

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)
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
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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	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 - 05/25/2018

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)
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									

Tuesday - 05/29/2018

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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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									

Wednesday - 05/30/2018

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)
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 - 05/31/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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									

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

May 1, 2018 thru May 31, 2018

Menu Name: D97 Middle School Lunch

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 05/01/2018

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
990203 Craisins, 1.5z, OceanSpray	bag	1	110	0.00	0	24	0.00	0.00	0	28.00	3.00	0.00	0	*N/A*	0.00	*N/A*
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			709	4.11	822	44	24.47	0.00	57	87.43	9.31	34.73	576	*290.0	1.08	*2.54
% of Calories				5.22%		24.8%	31.1%	0.0%		49.3%		19.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/02/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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
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			541	6.79	625	46	13.46	0.00	40	421.81	33.29	19.31	1085	532.1	113.79	2.86
% of Calories				11.30%		34.0%	22.4%	0.0%		311.9%		14.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/03/2018

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)
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 - 05/04/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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
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			619	2.84	697	42	12.80	0.00	55	89.23	9.11	*36.34	*764	*384.5	*64.66	*3.98
% of Calories				4.13%		27.1%	18.6%	0.0%		57.7%		*23.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/07/2018

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
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			630	5.82	620	*23	22.13	0.00	48	77.81	10.05	32.34	8892	533.1	11.08	2.52
% of Calories				8.31%		*14.6%	31.6%	0.0%		49.4%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 2018

Tuesday - 05/08/2018

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
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			706	5.57	819	38	22.55	0.00	53	97.39	11.55	*32.89	*2083	*519.1	70.45	*4.47
% of Calories				7.10%		21.5%	28.7%	0.0%		55.2%		*18.6%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/09/2018

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)	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
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
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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			655	4.94	876	*19	27.42	0.00	46	73.38	10.36	33.97	1299	401.4	62.69	4.02
% of Calories				6.79%		*11.6%	37.7%	0.0%		44.8%		20.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/10/2018

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)
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
990204 Strawberries, Fresh	CUP	1	46	0.02	1	7	0.43	0.00	0	11.06	2.88	0.96	17	23.0	84.67	0.59
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			520	3.32	775	43	13.39	0.00	60	70.12	7.40	28.79	1354	411.0	149.78	1.71
% of Calories				5.75%		33.1%	23.2%	0.0%		53.9%		22.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Friday - 05/11/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
990205 Baked Potato, Loaded	each	1	311	3.96	222	*2	7.24	0.00	31	44.03	5.00	14.90	780	156.8	22.39	3.45
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
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
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
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			696	5.28	567	*34	12.97	0.00	41	117.68	11.58	27.66	1661	519.1	132.59	5.08
% of Calories				6.83%		*19.5%	16.8%	0.0%		67.6%		15.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Monday - 05/14/2018

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)
990055 Pasta with Meat Sauce, Middle School	serving	1	309	2.80	298	8	8.12	0.00	55	39.75	6.50	20.25	647	44.0	19.00	4.02
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
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

May 1, 2018 thru May 31, 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)
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			610	3.86	635	*29	11.12	0.00	65	98.85	13.34	33.38	4058	415.5	37.04	5.78
% of Calories				5.70%		*19.0%	16.4%	0.0%		64.8%		21.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/15/2018

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)
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
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
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			668	6.50	*749	36	19.28	0.50	58	86.66	9.05	33.79	650	452.0	13.20	3.59
% of Calories				8.76%		21.6%	26.0%	0.7%		51.9%		20.2%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/16/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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
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 - 05/17/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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			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 - 05/18/2018

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)	Calcm (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
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 - 05/21/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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 - 05/22/2018

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									

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 2018

Wednesday - 05/23/2018

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)
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									

Thursday - 05/24/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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 - 05/25/2018

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)	Calcm (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
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			566	6.53	*674	*28	17.36	0.50	58	69.65	7.13	*30.75	*1026	*485.0	4.57	*3.82
% of Calories				10.38%		*19.8%	27.6%	0.8%		49.2%		*21.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Tuesday - 05/29/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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)
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
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			550	7.26	916	41	19.32	0.00	10	69.97	4.78	*21.36	*8319	*385.2	63.24	*3.04
% of Calories				11.88%		29.8%	31.6%	0.0%		50.9%		*15.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Wednesday - 05/30/2018

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)
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

Base Menu Spreadsheet

Weighted Values

May 1, 2018 thru May 31, 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			541	6.79	625	46	13.46	0.00	40	421.81	33.29	19.31	1085	532.1	113.79	2.86
% of Calories				11.30%		34.0%	22.4%	0.0%		311.9%		14.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

Thursday - 05/31/2018

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									

**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.*