

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

Menu Name: D97 Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

### Wednesday - 08/28/2019

### 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         | 345                      | 4.32                   | 546                    | 3          | 15.30     | 0.00                    | 43          | 36.45    | 5.37      | 17.84     | *1483      | 103.6                  | *8.24      | 3.14      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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                           |              |           | 1375                     | 20.60                  | 2676                   | 44         | 53.18     | 0.00                    | 139         | 159.63   | 18.13     | 84.60     | *13916     | 1288.2                 | *39.50     | 10.98     |
| % of Calories                                    |              |           |                          | 13.48%                 |                        | 12.8%      | 34.8%     | 0.0%                    |             | 46.4%    |           | 24.6%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 08/29/2019

### 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

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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      |
| 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                           |              |           | 1290                     | 18.68                  | 2821                   | 43         | 48.69     | 0.00                    | 222         | 151.56   | 14.42     | *75.22    | *8475      | *1224.0                | 22.45      | *8.93     |
| % of Calories                                    |              |           |                          | 13.03%                 |                        | 13.3%      | 34.0%     | 0.0%                    |             | 47.0%    |           | *23.3%    |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Friday - 08/30/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990229 Chicken Nugget, Elem                      | serving      | 1         | 244                      | 2.54                   | 478                    | 1          | 14.24     | 0.00                    | 20          | 16.27    | 3.05      | 13.22     | 102        | 0.0                    | 0.00       | 0.00      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990056 Celery Sticks                             | Serving      | 1         | 16                       | 0.05                   | 89                     | 1          | 0.19      | 0.00                    | 0           | 3.31     | 1.78      | 0.77      | 500        | 44.6                   | 3.45       | 0.22      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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                   |              |           | 1322                     | 19.28                  | 2864                   | 39         | 56.00     | 0.00                    | 117         | 140.04   | 15.39     | 81.36     | 8923       | 1235.1     | 25.89      | 8.20      |
| % of Calories                            |              |           |                          | 13.13%                 |                        | 11.8%      | 38.1%     | 0.0%                    |             | 42.4%    |           | 24.6%     |            |            |            |           |
| Weekly Nutrient Guideline                |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

## Tuesday - 09/03/2019

### 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                      | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4      | 6.06       | 0.83      |
| 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       | 1.68      |
| 990141 Jicama, Raw Sticks                             | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2        | 12.12      | 0.36      |
| 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                                |              |           | 1294                     | 20.03                  | 2262                   | 39         | 51.40     | 0.00                    | 120         | 136.77   | 16.06     | 73.56     | 8775       | 1322.9     | 33.96      | 5.50      |
| % of Calories   |              |           |                          | 13.93%                 |                        | 12.1%      | 35.7%     | 0.0%                    |             | 42.3%    |           | 22.7%     |            |            |            |           |
| Weekly Nutrient Guideline                             |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

# Base Menu Spreadsheet

Portion Values

Aug 28, 2019 thru Oct 31, 2019

## Wednesday - 09/04/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990113 Chicken, Orange over Whole Grain Rice | serving      | 1         | 357                      | 0.50                   | 280                    | *10        | 4.84      | 0.00                    | 40          | 61.52    | 2.45      | 16.80     | *0         | *0.0                   | 1.20       | 1.65      |
| 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      | 1.30      |
| 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       | 1.68      |
| 990029 Pizza Kit                             | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 000256 BROCCOLI,raw: fresh                   | CUP          | 1         | 31                       | 0.10                   | 30                     | 2          | 0.34      | 0.00                    | 0           | 6.04     | 2.37      | 2.57      | 567        | 42.8                   | 81.17      | 0.66      |
| 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                       |              |           | 1396                     | 16.40                  | 2285                   | *58        | 40.86     | 0.00                    | 131         | 185.98   | 16.52     | 73.70     | *8842      | *1149.4                | 102.37     | 6.12      |
| % of Calories                                |              |           |                          | 10.57%                 |                        | *16.6%     | 26.3%     | 0.0%                    |             | 53.3%    |           | 21.1%     |            |                        |            |           |
| Weekly Nutrient Guideline                    |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Thursday - 09/05/2019

### 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      |
| 000349 SYRUP,PANCAKE               | serving      | 1         | 115                      | 0.00                   | 40                     | 11         | 0.00      | *N/A*                   | 0           | 30.16    | 0.00      | 0.00      | 0          | 1.5                    | 0.00       | 0.02      |
| 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      | 1.30      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 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                 |              |           | 1569                     | 18.77                  | 2995                   | *55        | 50.61     | *0.00                   | 157         | 213.55   | 18.44     | 72.88     | *8340      | 1195.7                 | *30.07     | 7.32      |
| % of Calories                          |              |           |                          | 10.77%                 |                        | *14.0%     | 29.0%     | *0.0%                   |             | 54.4%    |           | 18.6%     |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 09/06/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 990158 Potato, Crinkle Cut Fries       | serving      | 1         | 220                      | 1.00                   | 320                    | 0          | 8.00      | 0.00                    | 0           | 34.00    | 2.00      | 4.00      | 66         | 20.0                   | 8.00       | 0.00      |
| 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

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1522                     | 19.35                  | 2807                   | *32        | 55.49     | 0.00                    | 141         | 181.55   | 18.71     | 76.81     | 8737       | 1167.6                 | 36.60      | 4.55      |
| % of Calories             |              |           |                          | 11.44%                 |                        | *8.4%      | 32.8%     | 0.0%                    |             | 47.7%    |           | 20.2%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Monday - 09/09/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990054 Pasta with Meat Sauce, Elementary         | serving      | 1         | 221                      | 2.12                   | 225                    | 6          | 6.06      | 0.00                    | 42          | 27.33    | 4.52      | 14.88     | 491        | 33.4                   | 14.42      | 2.87      |
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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                           |              |           | 1324                     | 18.53                  | 2527                   | 58         | 44.94     | 0.00                    | 138         | 162.83   | 18.43     | 84.34     | 12860      | 1243.7                 | 36.90      | 11.17     |
| % of Calories                                    |              |           |                          | 12.60%                 |                        | 17.5%      | 30.5%     | 0.0%                    |             | 49.2%    |           | 25.5%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

# Base Menu Spreadsheet

Portion Values

Aug 28, 2019 thru Oct 31, 2019

## Tuesday - 09/10/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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*     |
| 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                           |              |           | 1393                     | 24.17                  | 2627                   | 60         | 52.49     | 0.00                    | 142         | 164.39   | 12.53     | 83.58     | 8857       | *1476.4                | 31.78      | *9.14     |
| % of Calories                                    |              |           |                          | 15.62%                 |                        | 17.2%      | 33.9%     | 0.0%                    |             | 47.2%    |           | 24.0%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 09/11/2019

### 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990208 Taco, Chicken              | Each         | 1         | 354                      | 4.52                   | 744                    | 1          | 17.30     | 0.00                    | 88          | 31.45    | 3.37      | 19.84     | *838       | 62.6                   | *3.24      | 1.50      |
| 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      | 1.30      |
| 990029 Pizza Kit                  | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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       | 5.00      |
| 990141 Jicama, Raw Sticks                        | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2                    | 12.12      | 0.36      |
| 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                           |              |           | 1338                     | 20.68                  | 2872                   | 36         | 54.76     | 0.00                    | 184         | 142.11   | 16.59     | *85.36    | *9125      | *1233.8                | *36.52     | *8.98     |
| % of Calories                                    |              |           |                          | 13.91%                 |                        | 10.8%      | 36.8%     | 0.0%                    |             | 42.5%    |           | *25.5%    |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 09/12/2019

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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990209 Sloppy Joe Sandwich                       | sandwich     | 1         | 292                      | 2.70                   | 665                    | 11         | 8.00      | 0.00                    | 44          | 36.00    | 5.00      | 19.24     | 459        | 66.0                   | 6.00       | 3.43      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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      |



# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1321                     | 18.98                  | 2793                   | 49         | 46.13     | 0.00                    | 141         | 158.38   | 16.54     | 86.72     | 8944       | 1239.0                 | 31.32      | 11.08     |
| % of Calories             |              |           |                          | 12.93%                 |                        | 14.8%      | 31.4%     | 0.0%                    |             | 48.0%    |           | 26.3%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Friday - 09/13/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990156 Black Bean, Taco                          | serving      | 1         | 110                      | 0.00                   | 470                    | 2          | 1.00      | 0.00                    | 0           | 20.00    | 4.00      | 5.00      | 0          | 40.0                   | 0.00       | 10.00     |
| 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                           |              |           | 1448                     | 18.19                  | 3134                   | *34        | 49.78     | 0.00                    | 142         | 167.96   | 22.17     | 96.58     | 8653       | 1324.4                 | *79.28     | 20.47     |
| % of Calories                                    |              |           |                          | 11.31%                 |                        | *9.4%      | 30.9%     | 0.0%                    |             | 46.4%    |           | 26.7%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 09/16/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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      |
| 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      |
| Weighted Daily Average                           |              |           | 1349                     | 21.46                  | *2520                  | *35        | 49.80     | 0.50                    | 144         | 155.38   | 18.19     | 85.66     | 16342      | 1325.2                 | 30.48      | 10.36     |
| % of Calories                                    |              |           |                          | 14.32%                 |                        | *10.4%     | 33.2%     | 0.3%                    |             | 46.1%    |           | 25.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Tuesday - 09/17/2019

### 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                    | 9          | 12.04     | 0.00                    | 30          | 31.11    | 3.01      | 15.05     | 59         | 268.9                  | 0.00       | 2.01      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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    |              |           | 1290                     | 22.18                  | 2601                   | 49         | 49.57     | 0.00                    | 127         | 144.77   | 12.81     | 80.99     | 11447      | 1462.7                 | 30.22      | 9.95      |
| % of Calories             |              |           |                          | 15.47%                 |                        | 15.2%      | 34.6%     | 0.0%                    |             | 44.9%    |           | 25.1%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 09/18/2019

## 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         | 345                      | 4.32                   | 546                    | 3          | 15.30     | 0.00                    | 43          | 36.45    | 5.37      | 17.84     | *1483      | 103.6                  | *8.24      | 3.14      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1375                     | 20.60                  | 2676                   | 44         | 53.18     | 0.00                    | 139         | 159.63   | 18.13     | 84.60     | *13916     | 1288.2                 | *39.50     | 10.98     |
| % of Calories             |              |           |                          | 13.48%                 |                        | 12.8%      | 34.8%     | 0.0%                    |             | 46.4%    |           | 24.6%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 09/19/2019

### 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      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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      |
| 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                           |              |           | 1290                     | 18.68                  | 2821                   | 43         | 48.69     | 0.00                    | 222         | 151.56   | 14.42     | *75.22    | *8475      | *1224.0                | 22.45      | *8.93     |
| % of Calories                                    |              |           |                          | 13.03%                 |                        | 13.3%      | 34.0%     | 0.0%                    |             | 47.0%    |           | *23.3%    |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Friday - 09/20/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990229 Chicken Nugget, Elem                      | serving      | 1         | 244                      | 2.54                   | 478                    | 1          | 14.24     | 0.00                    | 20          | 16.27    | 3.05      | 13.22     | 102        | 0.0                    | 0.00       | 0.00      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990056 Celery Sticks                             | Serving      | 1         | 16                       | 0.05                   | 89                     | 1          | 0.19      | 0.00                    | 0           | 3.31     | 1.78      | 0.77      | 500        | 44.6                   | 3.45       | 0.22      |
| 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      |
| 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                           |              |           | 1322                     | 19.28                  | 2864                   | 39         | 56.00     | 0.00                    | 117         | 140.04   | 15.39     | 81.36     | 8923       | 1235.1                 | 25.89      | 8.20      |
| % of Calories                                    |              |           |                          | 13.13%                 |                        | 11.8%      | 38.1%     | 0.0%                    |             | 42.4%    |           | 24.6%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 09/23/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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       | 1.68      |
| 990127 baked Beans                     | serving      | 1         | 130                      | 0.00                   | 550                    | 10         | 0.00      | 0.00                    | 0           | 29.00    | 5.00      | 7.00      | 0          | 40.0                   | 0.00       | 1.80      |
| 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                 |              |           | 1412                     | 22.29                  | 3229                   | 46         | 53.68     | 0.00                    | 91          | 161.22   | 17.84     | *73.33    | *8275      | *1203.7                | 20.56      | *7.78     |
| % of Calories                          |              |           |                          | 14.21%                 |                        | 13.0%      | 34.2%     | 0.0%                    |             | 45.7%    |           | *20.8%    |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Tuesday - 09/24/2019

### 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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                      | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 990141 Jicama, Raw Sticks                             | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2                    | 12.12      | 0.36      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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    |              |           | 1294                     | 20.03                  | 2262                   | 39         | 51.40     | 0.00                    | 120         | 136.77   | 16.06     | 73.56     | 8775       | 1322.9     | 33.96      | 5.50      |
| % of Calories             |              |           |                          | 13.93%                 |                        | 12.1%      | 35.7%     | 0.0%                    |             | 42.3%    |           | 22.7%     |            |            |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Wednesday - 09/25/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990113 Chicken, Orange over Whole Grain Rice | serving      | 1         | 357                      | 0.50                   | 280                    | *10        | 4.84      | 0.00                    | 40          | 61.52    | 2.45      | 16.80     | *0         | *0.0       | 1.20       | 1.65      |
| 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      | 1.30      |
| 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       | 1.68      |
| 990029 Pizza Kit                             | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4      | 6.06       | 0.83      |
| 000256 BROCCOLI,raw: fresh                   | CUP          | 1         | 31                       | 0.10                   | 30                     | 2          | 0.34      | 0.00                    | 0           | 6.04     | 2.37      | 2.57      | 567        | 42.8       | 81.17      | 0.66      |
| 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                       |              |           | 1396                     | 16.40                  | 2285                   | *58        | 40.86     | 0.00                    | 131         | 185.98   | 16.52     | 73.70     | *8842      | *1149.4    | 102.37     | 6.12      |
| % of Calories                                |              |           |                          | 10.57%                 |                        | *16.6%     | 26.3%     | 0.0%                    |             | 53.3%    |           | 21.1%     |            |            |            |           |
| Weekly Nutrient Guideline                    |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Thursday - 09/26/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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      |
| 000349 SYRUP,PANCAKE                   | serving      | 1         | 115                      | 0.00                   | 40                     | 11         | 0.00      | *N/A*                   | 0           | 30.16    | 0.00      | 0.00      | 0          | 1.5        | 0.00       | 0.02      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4      | 6.06       | 0.83      |
| 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       | 1.68      |
| 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                 |              |           | 1569                     | 18.77                  | 2995                   | *55        | 50.61     | *0.00                   | 157         | 213.55   | 18.44     | 72.88     | *8340      | 1195.7     | *30.07     | 7.32      |
| % of Calories                          |              |           |                          | 10.77%                 |                        | *14.0%     | 29.0%     | *0.0%                   |             | 54.4%    |           | 18.6%     |            |            |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Friday - 09/27/2019

### 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) |
|-----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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      | 1.30      |



# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 990158 Potato, Crinkle Cut Fries       | serving      | 1         | 220                      | 1.00                   | 320                    | 0          | 8.00      | 0.00                    | 0           | 34.00    | 2.00      | 4.00      | 66         | 20.0                   | 8.00       | 0.00      |
| 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                 |              |           | 1522                     | 19.35                  | 2807                   | *32        | 55.49     | 0.00                    | 141         | 181.55   | 18.71     | 76.81     | 8737       | 1167.6                 | 36.60      | 4.55      |
| % of Calories                          |              |           |                          | 11.44%                 |                        | *8.4%      | 32.8%     | 0.0%                    |             | 47.7%    |           | 20.2%     |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 09/30/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990054 Pasta with Meat Sauce, Elementary         | serving      | 1         | 221                      | 2.12                   | 225                    | 6          | 6.06      | 0.00                    | 42          | 27.33    | 4.52      | 14.88     | 491        | 33.4                   | 14.42      | 2.87      |
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1324                     | 18.53                  | 2527                   | 58         | 44.94     | 0.00                    | 138         | 162.83   | 18.43     | 84.34     | 12860      | 1243.7                 | 36.90      | 11.17     |
| % of Calories             |              |           |                          | 12.60%                 |                        | 17.5%      | 30.5%     | 0.0%                    |             | 49.2%    |           | 25.5%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Tuesday - 10/01/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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*     |
| 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                           |              |           | 1393                     | 24.17                  | 2627                   | 60         | 52.49     | 0.00                    | 142         | 164.39   | 12.53     | 83.58     | 8857       | *1476.4                | 31.78      | *9.14     |
| % of Calories                                    |              |           |                          | 15.62%                 |                        | 17.2%      | 33.9%     | 0.0%                    |             | 47.2%    |           | 24.0%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 10/02/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990208 Taco, Chicken                             | Each         | 1         | 354                      | 4.52                   | 744                    | 1          | 17.30     | 0.00                    | 88          | 31.45    | 3.37      | 19.84     | *838       | 62.6                   | *3.24      | 1.50      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990141 Jicama, Raw Sticks                        | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2                    | 12.12      | 0.36      |
| 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                           |              |           | 1338                     | 20.68                  | 2872                   | 36         | 54.76     | 0.00                    | 184         | 142.11   | 16.59     | *85.36    | *9125      | *1233.8                | *36.52     | *8.98     |
| % of Calories                                    |              |           |                          | 13.91%                 |                        | 10.8%      | 36.8%     | 0.0%                    |             | 42.5%    |           | *25.5%    |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

Thursday - 10/03/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990212 Meatball Sub Sandwich                     | serving      | 1         | 384                      | 5.81                   | 640                    | 9          | 15.22     | 8.84                    | 44          | 38.33    | 4.07      | 21.67     | 880        | 227.4                  | 10.07      | 2.87      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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    |              |           | 1354                     | 22.02                  | 2771                   | 46         | 52.93     | 8.84                    | 140         | 146.34   | 14.61     | 87.62     | 13294      | 1413.4                 | 34.39      | 10.59     |
| % of Calories             |              |           |                          | 14.64%                 |                        | 13.6%      | 35.2%     | 5.9%                    |             | 43.2%    |           | 25.9%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Friday - 10/04/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990156 Black Bean, Taco                          | serving      | 1         | 110                      | 0.00                   | 470                    | 2          | 1.00      | 0.00                    | 0           | 20.00    | 4.00      | 5.00      | 0          | 40.0                   | 0.00       | 10.00     |
| 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

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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    |              |           | 1448                     | 18.19                  | 3134                   | *34        | 49.78     | 0.00                    | 142         | 167.96   | 22.17     | 96.58     | 8653       | 1324.4     | *79.28     | 20.47     |
| % of Calories             |              |           |                          | 11.31%                 |                        | *9.4%      | 30.9%     | 0.0%                    |             | 46.4%    |           | 26.7%     |            |            |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Monday - 10/07/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4      | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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      |
| 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      |
| Weighted Daily Average                           |              |           | 1349                     | 21.46                  | *2520                  | *35        | 49.80     | 0.50                    | 144         | 155.38   | 18.19     | 85.66     | 16342      | 1325.2     | 30.48      | 10.36     |
| % of Calories                                    |              |           |                          | 14.32%                 |                        | *10.4%     | 33.2%     | 0.3%                    |             | 46.1%    |           | 25.4%     |            |            |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

### Tuesday - 10/08/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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                    | 9          | 12.04     | 0.00                    | 30          | 31.11    | 3.01      | 15.05     | 59         | 268.9                  | 0.00       | 2.01      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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      |
| 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                           |              |           | 1290                     | 22.18                  | 2601                   | 49         | 49.57     | 0.00                    | 127         | 144.77   | 12.81     | 80.99     | 11447      | 1462.7                 | 30.22      | 9.95      |
| % of Calories                                    |              |           |                          | 15.47%                 |                        | 15.2%      | 34.6%     | 0.0%                    |             | 44.9%    |           | 25.1%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 10/09/2019

### 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         | 345                      | 4.32                   | 546                    | 3          | 15.30     | 0.00                    | 43          | 36.45    | 5.37      | 17.84     | *1483      | 103.6                  | *8.24      | 3.14      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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    |              |           | 1375                     | 20.60                  | 2676                   | 44         | 53.18     | 0.00                    | 139         | 159.63   | 18.13     | 84.60     | *13916     | 1288.2                 | *39.50     | 10.98     |
| % of Calories             |              |           |                          | 13.48%                 |                        | 12.8%      | 34.8%     | 0.0%                    |             | 46.4%    |           | 24.6%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 10/10/2019

### 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      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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      |
| 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*     |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 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    |              |           | 1290                     | 18.68                  | 2821                   | 43         | 48.69     | 0.00                    | 222         | 151.56   | 14.42     | *75.22    | *8475      | *1224.0    | 22.45      | *8.93     |
| % of Calories             |              |           |                          | 13.03%                 |                        | 13.3%      | 34.0%     | 0.0%                    |             | 47.0%    |           | *23.3%    |            |            |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |

## Friday - 10/11/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|
| 990229 Chicken Nugget, Elem                      | serving      | 1         | 244                      | 2.54                   | 478                    | 1          | 14.24     | 0.00                    | 20          | 16.27    | 3.05      | 13.22     | 102        | 0.0        | 0.00       | 0.00      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4      | 6.06       | 0.83      |
| 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       | 5.00      |
| 990056 Celery Sticks                             | Serving      | 1         | 16                       | 0.05                   | 89                     | 1          | 0.19      | 0.00                    | 0           | 3.31     | 1.78      | 0.77      | 500        | 44.6       | 3.45       | 0.22      |
| 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      |
| 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                           |              |           | 1322                     | 19.28                  | 2864                   | 39         | 56.00     | 0.00                    | 117         | 140.04   | 15.39     | 81.36     | 8923       | 1235.1     | 25.89      | 8.20      |
| % of Calories                                    |              |           |                          | 13.13%                 |                        | 11.8%      | 38.1%     | 0.0%                    |             | 42.4%    |           | 24.6%     |            |            |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |            |            |           |



# Base Menu Spreadsheet

Portion Values

Aug 28, 2019 thru Oct 31, 2019

**Monday - 10/14/2019**

**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      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 990127 baked Beans                     | serving      | 1         | 130                      | 0.00                   | 550                    | 10         | 0.00      | 0.00                    | 0           | 29.00    | 5.00      | 7.00      | 0          | 40.0                   | 0.00       | 1.80      |
| 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                 |              |           | 1412                     | 22.29                  | 3229                   | 46         | 53.68     | 0.00                    | 91          | 161.22   | 17.84     | *73.33    | *8275      | *1203.7                | 20.56      | *7.78     |
| % of Calories                          |              |           |                          | 14.21%                 |                        | 13.0%      | 34.2%     | 0.0%                    |             | 45.7%    |           | *20.8%    |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

**Tuesday - 10/15/2019**

**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) |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                      | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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       | 1.68      |
| 990141 Jicama, Raw Sticks              | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2                    | 12.12      | 0.36      |
| 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                 |              |           | 1294                     | 20.03                  | 2262                   | 39         | 51.40     | 0.00                    | 120         | 136.77   | 16.06     | 73.56     | 8775       | 1322.9                 | 33.96      | 5.50      |
| % of Calories                          |              |           |                          | 13.93%                 |                        | 12.1%      | 35.7%     | 0.0%                    |             | 42.3%    |           | 22.7%     |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 10/16/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990113 Chicken, Orange over Whole Grain Rice | serving      | 1         | 357                      | 0.50                   | 280                    | *10        | 4.84      | 0.00                    | 40          | 61.52    | 2.45      | 16.80     | *0         | *0.0                   | 1.20       | 1.65      |
| 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      | 1.30      |
| 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       | 1.68      |
| 990029 Pizza Kit                             | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 000256 BROCCOLI,raw: fresh                   | CUP          | 1         | 31                       | 0.10                   | 30                     | 2          | 0.34      | 0.00                    | 0           | 6.04     | 2.37      | 2.57      | 567        | 42.8                   | 81.17      | 0.66      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1396                     | 16.40                  | 2285                   | *58        | 40.86     | 0.00                    | 131         | 185.98   | 16.52     | 73.70     | *8842      | *1149.4                | 102.37     | 6.12      |
| % of Calories             |              |           |                          | 10.57%                 |                        | *16.6%     | 26.3%     | 0.0%                    |             | 53.3%    |           | 21.1%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 10/17/2019

### 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      |
| 000349 SYRUP,PANCAKE                   | serving      | 1         | 115                      | 0.00                   | 40                     | 11         | 0.00      | *N/A*                   | 0           | 30.16    | 0.00      | 0.00      | 0          | 1.5                    | 0.00       | 0.02      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 1.68      |
| 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                 |              |           | 1569                     | 18.77                  | 2995                   | *55        | 50.61     | *0.00                   | 157         | 213.55   | 18.44     | 72.88     | *8340      | 1195.7                 | *30.07     | 7.32      |
| % of Calories                          |              |           |                          | 10.77%                 |                        | *14.0%     | 29.0%     | *0.0%                   |             | 54.4%    |           | 18.6%     |            |                        |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

# Base Menu Spreadsheet

Portion Values

Aug 28, 2019 thru Oct 31, 2019

## Friday - 10/18/2019

### 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 (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      |
| 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      | 1.30      |
| 990029 Pizza Kit                       | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4     | 6.06       | 0.83      |
| 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       | 1.68      |
| 990158 Potato, Crinkle Cut Fries       | serving      | 1         | 220                      | 1.00                   | 320                    | 0          | 8.00      | 0.00                    | 0           | 34.00    | 2.00      | 4.00      | 66         | 20.0      | 8.00       | 0.00      |
| 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                 |              |           | 1522                     | 19.35                  | 2807                   | *32        | 55.49     | 0.00                    | 141         | 181.55   | 18.71     | 76.81     | 8737       | 1167.6    | 36.60      | 4.55      |
| % of Calories                          |              |           |                          | 11.44%                 |                        | *8.4%      | 32.8%     | 0.0%                    |             | 47.7%    |           | 20.2%     |            |           |            |           |
| Weekly Nutrient Guideline              |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |           |            |           |

## Monday - 10/21/2019

### 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 (mg) | Vit-C (mg) | Iron (mg) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|
| 990054 Pasta with Meat Sauce, Elementary | serving      | 1         | 221                      | 2.12                   | 225                    | 6          | 6.06      | 0.00                    | 42          | 27.33    | 4.52      | 14.88     | 491        | 33.4      | 14.42      | 2.87      |
| 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      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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)    |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|---------------|-------------------------|-------------|---------------|--------------|--------------|--------------|------------------------|--------------|--------------|
| 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        | 1.30         |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07          | 0.00                    | 15          | 34.00         | 4.00         | 12.09        | 463          | 239.4                  | 6.06         | 0.83         |
| 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         | 5.00         |
| 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         |
| 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>1324</b>              | <b>18.53</b>           | <b>2527</b>            | <b>58</b>  | <b>44.94</b>  | <b>0.00</b>             | <b>138</b>  | <b>162.83</b> | <b>18.43</b> | <b>84.34</b> | <b>12860</b> | <b>1243.7</b>          | <b>36.90</b> | <b>11.17</b> |
| <b>% of Calories</b>                             |              |           |                          |                        | <b>12.60%</b>          |            | <b>17.5%</b>  | <b>30.5%</b>            |             | <b>49.2%</b>  |              | <b>25.5%</b> |              |                        |              |              |
| <b>Weekly Nutrient Guideline</b>                 |              |           | <b>550 - 650</b>         | <b>&lt;10</b>          | <b>1230</b>            |            | <b>&lt;=0</b> |                         |             |               |              |              |              |                        |              |              |

## Tuesday - 10/22/2019

### 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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*     |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1393                     | 24.17                  | 2627                   | 60         | 52.49     | 0.00                    | 142         | 164.39   | 12.53     | 83.58     | 8857       | *1476.4                | 31.78      | *9.14     |
| % of Calories             |              |           |                          | 15.62%                 |                        | 17.2%      | 33.9%     | 0.0%                    |             | 47.2%    |           | 24.0%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Wednesday - 10/23/2019

### 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) |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 990208 Taco, Chicken                             | Each         | 1         | 354                      | 4.52                   | 744                    | 1          | 17.30     | 0.00                    | 88          | 31.45    | 3.37      | 19.84     | *838       | 62.6                   | *3.24      | 1.50      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 990141 Jicama, Raw Sticks                        | serving      | 1         | 23                       | 0.01                   | 2                      | 1          | 0.05      | 0.00                    | 0           | 5.29     | 2.94      | 0.43      | 13         | 7.2                    | 12.12      | 0.36      |
| 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                           |              |           | 1338                     | 20.68                  | 2872                   | 36         | 54.76     | 0.00                    | 184         | 142.11   | 16.59     | *85.36    | *9125      | *1233.8                | *36.52     | *8.98     |
| % of Calories                                    |              |           |                          | 13.91%                 |                        | 10.8%      | 36.8%     | 0.0%                    |             | 42.5%    |           | *25.5%    |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Monday - 10/28/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|  | 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      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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      |
| 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      |
| Weighted Daily Average                           |              |           | 1349                     | 21.46                  | *2520                  | *35        | 49.80     | 0.50                    | 144         | 155.38   | 18.19     | 85.66     | 16342      | 1325.2                 | 30.48      | 10.36     |
| % of Calories                                    |              |           |                          | 14.32%                 |                        | *10.4%     | 33.2%     | 0.3%                    |             | 46.1%    |           | 25.4%     |            |                        |            |           |
| Weekly Nutrient Guideline                        |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Tuesday - 10/29/2019

### 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                    | 9          | 12.04     | 0.00                    | 30          | 31.11    | 3.01      | 15.05     | 59         | 268.9                  | 0.00       | 2.01      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |

# Base Menu Spreadsheet

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|
| 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      |
| 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    |              |           | 1290                     | 22.18                  | 2601                   | 49         | 49.57     | 0.00                    | 127         | 144.77   | 12.81     | 80.99     | 11447      | 1462.7                 | 30.22      | 9.95      |
| % of Calories             |              |           |                          | 15.47%                 |                        | 15.2%      | 34.6%     | 0.0%                    |             | 44.9%    |           | 25.1%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

## Wednesday - 10/30/2019

## 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         | 345                      | 4.32                   | 546                    | 3          | 15.30     | 0.00                    | 43          | 36.45    | 5.37      | 17.84     | *1483      | 103.6                  | *8.24      | 3.14      |
| 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      | 1.30      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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       | 5.00      |
| 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      |
| 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

## Portion Values

Aug 28, 2019 thru Oct 31, 2019

|                           | 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    |              |           | 1375                     | 20.60                  | 2676                   | 44         | 53.18     | 0.00                    | 139         | 159.63   | 18.13     | 84.60     | *13916     | 1288.2                 | *39.50     | 10.98     |
| % of Calories             |              |           |                          | 13.48%                 |                        | 12.8%      | 34.8%     | 0.0%                    |             | 46.4%    |           | 24.6%     |            |                        |            |           |
| Weekly Nutrient Guideline |              |           | 550 - 650                | <10                    | 1230                   |            | <=0       |                         |             |          |           |           |            |                        |            |           |

### Thursday - 10/31/2019

### 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      |
| 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      | 1.30      |
| 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       | 5.00      |
| 990029 Pizza Kit                                 | Kit          | 1         | 281                      | 3.54                   | 547                    | 5          | 9.07      | 0.00                    | 15          | 34.00    | 4.00      | 12.09     | 463        | 239.4                  | 6.06       | 0.83      |
| 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      |
| 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                           |              |           | 1290                     | 18.68                  | 2821                   | 43         | 48.69     | 0.00                    | 222         | 151.56   | 14.42     | *75.22    | *8475      | *1224.0                | 22.45      | *8.93     |
| % of Calories                                    |              |           |                          | 13.03%                 |                        | 13.3%      | 34.0%     | 0.0%                    |             | 47.0%    |           | *23.3%    |            |                        |            |           |
| 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*

*<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.*