

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: GLOBAL HIGH LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 20

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001396 Bacon Cheeseburger	each	15	295	857	4	24.08	23.92
000817 Hamburger	each	5	230	480	4	22.75	19.25
001061 Curly Fries	1/2 Cup	18	101	151	0	17.14	1.01
001057 Lettuce & Tomato	1/2 cup	16	11	8	1	2.21	0.67
000770 Strawberry Mango Sidekick	each	19	80	45	*N/A*	20.00	0.00
001331 Apple Slices in Bag	2oz bag	13	30	0	6	6.80	*N/A*
001501 Mustard	Tbsp.	6	0	195	0	0.00	0.00
001504 Ketchup	2 Tbsp	16	30	90	6	8.00	0.00
000589 White Milk	each	7	100	125	12	12.00	8.00
000588 Chocolate Milk	each	13	110	100	18	19.00	8.00
Weighted Daily Average			604	1187	*30	87.31	*32.19
% of Calories					*19.9%	57.8%	*21.3%
Weekly Nutrient Guideline			750 - 850	1420			

Monday - 02/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	50	263	869	12	30.77	18.27
990067 Frank's Spicy Sandwich	Sandwich	50	220	1049	4	22.75	20.25
990072 Tater Gems	10 Tots	90	172	233	0	19.24	2.02
001477 Baked Beans	1/2 cup	55	140	370	12	30.00	6.00
000566 Peach Cup	Each	68	80	0	16	19.00	1.00
001331 Apple Slices in Bag	2oz bag	46	30	0	6	6.80	*N/A*
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			638	1470	43	91.62	*32.26
% of Calories					27.0%	57.4%	*20.2%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000958 Beef Tacos	2 Tacos	75	468	612	*2	33.59	25.24
000993 Chicken Fajita Taco	2 Tacos	25	392	537	*2	32.00	26.00
000718 Lettuce & Tomato	3/4 cup	65	16	6	2	3.84	1.48
000914 Salsa Cup	each	45	29	205	3	5.87	0.00

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000115 Pineapple Tidbits	1/2 cup	68	75	10	14	17.89	0.99
990037 Blue Raspberry Applesauce	4.5oz cup	60	91	15	19	21.69	*N/A*
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			664	791	*39	77.31	*33.47
% of Calories					*23.5%	46.6%	*20.2%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	100	428	682	*2	26.73	25.92
000392 Mashed Potatoes	1/2 cup	90	64	251	*1	13.62	1.60
000957 Honey Wheat Roll	each	80	140	170	2	26.00	4.00
000426 Steamed Green Beans	1/2 cup	60	31	4	*0	5.11	2.04
001036 Diced Pears	1/2 cup	60	82	14	15	19.30	0.00
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
001502 BBQ Sauce	2 Tbsp	60	43	70	9	10.83	0.00
000588 Chocolate Milk	each	70	110	100	18	19.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	10	100	125	12	12.00	8.00
Weighted Daily Average			796	1180	*36	99.51	*38.19
% of Calories					*18.1%	50.0%	*19.2%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001361 4 Cheese Pizza	Slice, 5.18 oz	60	360	490	9	35.00	21.00
990064 Pepperoni Pizza	Slice	40	360	560	6	35.00	19.00
990000 Steamed Corn	1/2 cup	60	67	1	*3	15.90	1.99
000581 Carrot / Cucumbers	1/2 Cup	20	18	28	2	4.26	0.47
000103 Mandarin Oranges	1/2 cup	60	93	10	22	23.44	0.98
990040 Watermelon Applesauce Cup	4.5oz. cup	60	90	0	19	22.00	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			599	615	*48	86.45	28.47
% of Calories					*32.1%	57.7%	19.0%
Weekly Nutrient Guideline			750 - 850	1420			

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Feb 1, 2019 thru Feb 28, 2019

Friday - 02/08/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000362 Steak on Bun	each	60	380	390	5	37.75	20.25
000149 Cheeseburger on Bun	each	40	265	637	5	23.76	22.79
001523 Seasoned Fries	1/2 Cup	60	120	135	0	20.06	1.00
001057 Lettuce & Tomato	1/2 cup	50	11	8	1	2.21	0.67
000771 Kiwi Strawberry Sidekick	each	60	80	45	*N/A*	20.00	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	60	90	0	19	22.00	0.00
001501 Mustard	Tbsp.	30	0	195	0	0.00	0.00
001504 Ketchup	2 Tbsp	60	30	90	6	8.00	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			618	799	*34	89.10	28.60
% of Calories					*22.0%	57.7%	18.5%
Weekly Nutrient Guideline			750 - 850	1420			

Monday - 02/11/2019

Reimbursable Meal Total 100

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Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990062 Spicy Brisket Nachos	each	100	291	593	4	34.75	8.09
001098 Refried Beans w/cheese	1/2 cup	65	147	197	1	20.33	9.33
000914 Salsa Cup	each	50	29	205	3	5.87	0.00
000863 Mexicali Corn	1/2 CUP	60	69	37	*3	16.46	2.12
990037 Blue Raspberry Applesauce	4.5oz cup	60	91	15	19	21.69	*N/A*
000115 Pineapple Tidbits	1/2 cup	40	75	10	14	17.89	0.99
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			623	956	*40	95.94	*23.03
% of Calories					*25.7%	61.6%	*14.8%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001522 Fiery & Sweet Wings	3 Wings	60	390	1209	8	27.00	28.50
990071 Mozzarella MaxStix	2 Stix	40	320	680	2	32.00	14.00
000581 Carrot / Cucumbers	1/2 Cup	60	18	28	2	4.26	0.47
001505 Garden Salad	each	45	13	13	*0	2.60	0.91
001036 Diced Pears	1/2 cup	60	82	14	15	19.30	0.00

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990040 Watermelon Applesauce Cup	4.5oz. cup	55	90	0	19	22.00	0.00
001503 Ranch Dressing	2 Tbsp	40	50	300	1	8.00	1.00
000542 Jello Cup	1/2 Cup	100	105	110	20	20.01	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			698	1356	*61	94.61	31.99
% of Calories					*35.0%	54.2%	18.3%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving(4.3oz)	100	293	487	0	17.00	18.00
000957 Honey Wheat Roll	each	86	140	170	2	26.00	4.00
000392 Mashed Potatoes	1/2 cup	89	64	251	*1	13.62	1.60
000498 Country Gravy	1/4 cup	75	6	35	*0	0.80	0.00
000426 Steamed Green Beans	1/2 cup	60	31	4	*0	5.11	2.04
990040 Watermelon Applesauce Cup	4.5oz. cup	60	90	0	19	22.00	0.00
001036 Diced Pears	1/2 cup	46	82	14	15	19.30	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			681	990	*35	92.23	31.29
% of Calories					*20.6%	54.2%	18.4%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/14/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	60	300	560	4	33.00	18.00
990066 French Bread Cheese Pizza	Slice	40	320	580	3	30.00	18.00
990000 Steamed Corn	1/2 cup	60	67	1	*3	15.90	1.99
990050 Marinara Dipping Sauce	1/2 cup	40	40	200	4	7.00	1.00
000566 Peach Cup	Each	75	80	0	16	19.00	1.00
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
000542 Jello Cup	1/2 Cup	100	105	110	20	20.01	1.00
990069 Valentines Cookie	Cookie	100	130	100	11	22.01	2.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			763	944	*67	118.29	*29.74
% of Calories					*35.1%	62.0%	*15.6%
Weekly Nutrient Guideline			750 - 850	1420			

Friday - 02/15/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000143 Spicy Chicken Sandwich	each	60	390	610	5	38.75	20.25
990074 Double Cheeseburger	each	40	411	1064	6	25.78	40.34
001523 Seasoned Fries	1/2 Cup	80	120	135	0	20.06	1.00
001057 Lettuce & Tomato	1/2 cup	60	11	8	1	2.21	0.67
990037 Blue Raspberry Applesauce	4.5oz cup	60	91	15	19	21.69	*N/A*
000771 Kiwi Strawberry Sidekick	each	60	80	45	*N/A*	20.00	0.00
001504 Ketchup	2 Tbsp	60	30	90	6	8.00	0.00
001501 Mustard	Tbsp.	20	0	195	0	0.00	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			707	1119	*34	94.55	*35.89
% of Calories					*19.2%	53.5%	*20.3%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	75	240	670	11	33.00	11.00
000987 Frito Pie	serving	25	404	592	2	33.50	16.80
001477 Baked Beans	1/2 cup	60	140	370	12	30.00	6.00
001312 Steamed Carrots	1/2 Cup Serving	40	34	55	*4	7.61	0.00
000115 Pineapple Tidbits	1/2 cup	40	75	10	14	17.89	0.99
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			512	983	*40	79.21	*22.85
% of Calories					*31.2%	61.9%	*17.9%
Weekly Nutrient Guideline			750 - 850	1420			

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Feb 1, 2019 thru Feb 28, 2019

Wednesday - 02/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	100	428	682	*2	26.73	25.92
000392 Mashed Potatoes	1/2 cup	90	64	251	*1	13.62	1.60
000957 Honey Wheat Roll	each	80	140	170	2	26.00	4.00
000426 Steamed Green Beans	1/2 cup	60	31	4	*0	5.11	2.04
000103 Mandarin Oranges	1/2 cup	40	93	10	22	23.44	0.98
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
001502 BBQ Sauce	2 Tbsp	60	43	70	9	10.83	0.00
000588 Chocolate Milk	each	70	110	100	18	19.00	8.00
000589 White Milk	each	10	100	125	12	12.00	8.00
Weighted Daily Average			784	1176	*35	97.31	*38.58
% of Calories					*17.9%	49.6%	*19.7%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/21/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001361 4 Cheese Pizza	Slice, 5.18 oz	60	360	490	9	35.00	21.00
990064 Pepperoni Pizza	Slice	40	360	560	6	35.00	19.00

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990075 Carrot / Cucumbers	3/4 Cup	60	30	56	4	7.18	0.69
000521 Steamed Spinach	1/2 cup	20	60	240	*2	6.01	4.00
000103 Mandarin Oranges	1/2 cup	60	93	10	22	23.44	0.98
990037 Blue Raspberry Applesauce	4.5oz cup	60	91	15	19	21.69	*N/A*
000542 Jello Cup	1/2 Cup	100	105	110	20	20.01	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			691	810	*68	101.40	*29.40
% of Calories					*39.4%	58.7%	*17.0%
Weekly Nutrient Guideline			750 - 850	1420			

Friday - 02/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001410 Chicken & Waffle Sandwich	1 Sandwich	60	570	690	29	76.00	20.00
000149 Cheeseburger on Bun	each	40	265	637	5	23.76	22.79
990072 Tater Gems	10 Tots	89	172	233	0	19.24	2.02
001057 Lettuce & Tomato	1/2 cup	60	11	8	1	2.21	0.67
000770 Strawberry Mango Sidekick	each	55	80	45	*N/A*	20.00	0.00
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
001504 Ketchup	2 Tbsp	60	30	90	6	8.00	0.00

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001501 Mustard	Tbsp.	20	0	195	0	0.00	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			774	1084	*41	107.24	*29.72
% of Calories					*21.2%	55.4%	*15.4%
Weekly Nutrient Guideline			750 - 850	1420			

Monday - 02/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001255 Chili Con Carne Enchiladas	2 enchiladas	60	478	645	*1	32.05	25.72
001345 Queso Enchiladas	2 enchiladas	40	356	755	2	36.78	14.27
000007 Ranchero Beans	1/2 cup	55	116	273	1	21.26	5.89
000914 Salsa Cup	each	60	29	205	3	5.87	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	60	90	0	19	22.00	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	70	45	27	*8	9.18	0.49
001419 Carnival WG Cookie 1 oz	1 oz Cookie	1	111	86	8	18.22	1.01
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			693	1080	*36	83.96	31.93
% of Calories					*20.8%	48.5%	18.4%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000452 Spaghetti w/ Meat Sauce+Toast	servings	60	416	558	*7	47.07	24.46
990071 Mozzarella MaxStix	2 Stix	40	320	680	2	32.00	14.00
001505 Garden Salad	each	60	13	13	*0	2.60	0.91
001074 California Vegetables	1/2 cup	40	30	35	*0	5.03	2.01
000103 Mandarin Oranges	1/2 cup	60	93	10	22	23.44	0.98
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
001503 Ranch Dressing	2 Tbsp	60	50	300	1	8.00	1.00
000542 Jello Cup	1/2 Cup	100	105	110	20	20.01	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			702	1022	*57	102.57	*31.01
% of Calories					*32.5%	58.4%	*17.7%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001408 Chicken Strip Basket	Basket	60	442	742	2	56.10	24.40
001481 Steak Finger Basket	Basket	40	502	531	3	61.13	20.11
000581 Carrot / Cucumbers	1/2 Cup	50	18	28	2	4.26	0.47
000904 Craisins Strawberry	1 bag	60	110	0	24	28.00	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	60	91	15	19	21.69	*N/A*
001504 Ketchup	2 Tbsp	60	30	90	6	8.00	0.00
001502 BBQ Sauce	2 Tbsp	26	43	70	9	10.83	0.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	30	100	125	12	12.00	8.00
Weighted Daily Average			721	851	50	112.67	*30.12
% of Calories					27.7%	62.5%	*16.7%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	60	300	560	4	33.00	18.00
990066 French Bread Cheese Pizza	Slice	40	320	580	3	30.00	18.00
990000 Steamed Corn	1/2 cup	60	67	1	*3	15.90	1.99
990050 Marinara Dipping Sauce	1/2 cup	40	40	200	4	7.00	1.00
000566 Peach Cup	Each	60	80	0	16	19.00	1.00
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
000542 Jello Cup	1/2 Cup	100	105	110	20	20.01	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			621	844	*54	93.43	*27.59
% of Calories					*34.8%	60.2%	*17.8%
Weekly Nutrient Guideline			750 - 850	1420			

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

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

¹ - denotes required nutrient values

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

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