

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: HIGH SCHOOL LINE 3 & 4 Nugget

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|--|--|-----------|-------|-------|-------|
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Tuesday - 03/03/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|-----|-----------|-------|-------|-------|
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Wednesday - 03/04/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|-----|-----------|-------|-------|-------|
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Thursday - 03/05/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 990261 Cucumber and Baby Carrots | 3/4 cup | 400 | 69 | 3 | 5.66 | 1.05 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |

Base Menu Spreadsheet

Weighted Values

| | | | | | | |
|----------------------------------|------|-----|------------------|-----------|--------------|--------------|
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 752 | 34 | 99.68 | 35.72 |
| % of Calories | | | | 18.1% | 53.0% | 19.0% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Monday - 03/16/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|-------------------------------|------|-----|------------|-----------|--------------|--------------|
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Tuesday - 03/17/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|------|-----|-----------|-------|-------|-------|
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Wednesday - 03/18/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|-------------------------------|-------|-----|------------|-----------|--------------|--------------|
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Thursday - 03/19/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|---------------------------|-------|-----|-----------|-------|-------|-------|
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Friday - 03/20/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|---------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|----------------------------------|---------|-----|------------------|-----------|--------------|--------------|
| Baby Carrots | | | | | | |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Monday - 03/23/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|---------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |

Base Menu Spreadsheet

Weighted Values

| | | | | | | |
|----------------------------------|---------|-----|------------------|-----------|--------------|--------------|
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Tuesday - 03/24/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|----------------------------------|---------|-----|------------------|-----------|--------------|--------------|
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Wednesday - 03/25/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|----------------------------------|-----------|-----|-----------|-------|-------|-------|
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Thursday - 03/26/2020

Reimbursable Meal Total 600

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Friday - 03/27/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Monday - 03/30/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

| | | | | | | |
|----------------------------------|------|-----|------------------|-----------|--------------|--------------|
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

Tuesday - 03/31/2020

Reimbursable Meal Total 600

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------|----------|-----------|
| 990241 Chicken Nugget | 8 nuggets | 100 | 49 | 0 | 2.56 | 3.64 |
| 990132 Hot & Spicy Nuggets | 8 nuggets | 350 | 172 | 0 | 8.97 | 12.75 |
| 990231 Popcorn Chicken | 12 pieces | 150 | 62 | 0 | 3.75 | 3.75 |
| 001490 Mashed Potatoes w/ Gravy | 1/2 cup | 525 | 59 | 1 | 12.27 | 1.40 |
| 000521 Steamed Spinach | 1/2 cup | 100 | 8 | 0 | 1.33 | 0.67 |
| 001514 Cucumber and Baby Carrots | 1/2 cup | 350 | 53 | 2 | 3.21 | 0.79 |
| 001477 Baked Beans | 1/2 cup | 200 | 47 | 4 | 10.00 | 1.67 |
| 000957 Honey Wheat Roll | roll | 575 | 134 | 2 | 24.92 | 3.83 |
| 000064 Fresh Apple | apple | 100 | 12 | 2 | 3.18 | 0.06 |
| 000648 Orange | each | 100 | 8 | 1 | 1.88 | 0.15 |

Base Menu Spreadsheet

Weighted Values

| | | | | | | |
|---------------------------|------|-----|-----------|-------|-------|-------|
| 000526 Pears, fresh | each | 75 | 12 | 2 | 3.16 | 0.07 |
| 000637 BBQ Sauce Cup | 1 OZ | 200 | 10 | 1 | 2.67 | 0.00 |
| 001279 Ketchup Cup | cup | 400 | 20 | 3 | 4.67 | 0.00 |
| 000588 Chocolate Milk | each | 400 | 73 | 12 | 12.67 | 5.33 |
| 000589 White Milk | each | 100 | 17 | 2 | 2.00 | 1.33 |
| Weighted Daily Average | | | 736 | 33 | 97.23 | 35.45 |
| % of Calories | | | | 17.9% | 52.8% | 19.3% |
| Weekly Nutrient Guideline | | | 750 - 850 | | | |

| | | | Cals ¹ (kcal) | Sugars (g) | Carb (g) | Protn (g) |
|-------------------|--|--|-----------------------------|---------------|-------------|--------------|
| Weighted Averages | | | 737 | 33 | 97.38 | 35.47 |
| % of Calories | | | | 17.9% | 52.9% | 19.3% |

- *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.