

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Menu Name: Lunch 6

Include Cost: Yes

Site:

Report Style: Detailed

Wednesday - 01/05/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000168 Breakfast Burrito K-5 | Burrito | 0 | 220 | 4.00 | 310 | 2 | 9.00 | 0.00 | 40 | 25.00 | 4.00 | 10.00 | 500 | 100.0 | 15.00 | 1.80 | \$0.000 |
| 000337 Hash Brown K5 | 1 Piece | 0 | 130 | 1.00 | 230 | 0 | 8.00 | 0.00 | 0 | 14.00 | 2.00 | 1.00 | 0 | 0.0 | 4.80 | 0.36 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000377 Cucumber, Raw | 1/4 Cup | 0 | 12 | 0.09 | 2 | 2 | 0.19 | 0.00 | 0 | 2.57 | 0.83 | 0.70 | 86 | 16.7 | 3.81 | 0.26 | \$0.000 |
| 990095 Strawberries, Fresh *RESIZED* | 1/4 Cup | 0 | 23 | 0.01 | 1 | 4 | 0.22 | 0.00 | 0 | 5.53 | 1.44 | 0.48 | 9 | 11.5 | 42.34 | 0.30 | \$0.000 |
| 990096 Pineapple *RESIZED* | 1/4 Cup | 0 | 41 | 0.01 | 1 | 8 | 0.10 | 0.00 | 0 | 10.82 | 1.16 | 0.45 | 48 | 10.7 | 39.44 | 0.24 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Thursday - 01/06/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|-----------|------------|-----------|---------|
| 990154 BBQ Pork | 1/2 Cup | 0 | 171 | 0.00 | 917 | 8 | 4.05 | 0.00 | 61 | 10.72 | 0.00 | 22.28 | 39 | 0.0 | 0.00 | 3.64 | \$0.000 |
| 990036 Rice | 1/2 Cup | 0 | 170 | 0.00 | 0 | 0 | 1.50 | 0.00 | 0 | 23.00 | 1.00 | 4.00 | *N/A* | *N/A* | *N/A* | 0.72 | \$0.000 |
| 000016 Rolls | Roll | 0 | 70 | 0.00 | 90 | 1 | 0.50 | 0.00 | 0 | 12.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000242 Radish | Cup | 0 | 19 | 0.04 | 45 | 2 | 0.12 | 0.00 | 0 | 3.94 | 1.86 | 0.79 | 8 | 29.0 | 17.17 | 0.39 | \$0.000 |
| 990095 Strawberries, Fresh *RESIZED* | 1/4 Cup | 0 | 23 | 0.01 | 1 | 4 | 0.22 | 0.00 | 0 | 5.53 | 1.44 | 0.48 | 9 | 11.5 | 42.34 | 0.30 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | *0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Friday - 01/07/2022

Reimbursable Meal Total 1

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000418 Chicken Club Sandwich | Sandwich | 0 | 389 | 5.50 | 1520 | 9 | 14.50 | 0.00 | 70 | 36.67 | 3.00 | 29.00 | *29 | 100.0 | *1.20 | 2.52 | \$0.000 |
| 990233 Potato Salad Elem | 1/4 Cup | 0 | 74 | 1.39 | 172 | 2 | 3.72 | 0.00 | 7 | 11.15 | 0.93 | 0.93 | 0 | 0.0 | 2.79 | 0.17 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990087 Celery Sticks | 1/4 CUP | 0 | 4 | 0.01 | 24 | 0 | 0.05 | 0.00 | 0 | 0.89 | 0.48 | 0.21 | 135 | 12.0 | 0.93 | 0.06 | \$0.000 |
| 000085 Orange Halves | 1 Half | 0 | 62 | 0.02 | 0 | 12 | 0.16 | 0.00 | 0 | 15.39 | 3.14 | 1.23 | 295 | 52.4 | 69.69 | 0.13 | \$0.000 |
| 990043 Applesauce *RESIZED* | 1/4 Cup | 0 | 25 | 0.00 | 4 | 5 | 0.00 | 0.00 | 0 | 6.30 | 0.42 | 0.00 | 0 | 0.0 | 0.50 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | 0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Monday - 01/10/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000127 Pizza Sausage Elem | Slice | 0 | 369 | 10.14 | 769 | 1 | 21.60 | 0.00 | 58 | 24.78 | 2.22 | 19.36 | 34 | 441.1 | *0.25 | 1.04 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990187 Pizza Pepperoni Elem | 1 Slice | 0 | 498 | 14.94 | 1271 | 4 | 28.25 | 0.00 | 83 | 32.72 | 4.00 | 30.40 | *267 | *834.3 | *2.40 | 1.38 | \$0.000 |
| 990044 Cottage Cheese | 1/4 Cup | 0 | 50 | 0.75 | 230 | 2 | 0.75 | 0.00 | 8 | 2.50 | 0.00 | 7.00 | 0 | 5.0 | 0.00 | 0.00 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990033 Cherry Tomatoes *RESIZED* | 1/4 Cup | 0 | 9 | 0.00 | 2 | 1 | 0.00 | 0.00 | 0 | 1.97 | 0.66 | 0.33 | 411 | 3.3 | 6.31 | 0.12 | \$0.000 |
| 990185 Apple Slices | 1/4 Cup | 0 | 30 | 0.02 | 1 | *N/A* | 0.10 | 0.00 | 0 | 7.83 | 1.37 | 0.15 | 31 | 3.4 | 2.62 | 0.07 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | *0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Tuesday - 01/11/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000531 Walking Taco | Portion | 0 | 268 | 4.55 | 375 | 0 | 15.63 | 0.00 | 40 | 20.95 | 2.00 | 12.12 | 132 | 0.6 | 0.00 | 1.27 | \$0.000 |
| 990093 Refried Beans K-6 | 1/2 Cup | 0 | 280 | 7.50 | 690 | 0 | 13.50 | 0.00 | 34 | 25.00 | 8.00 | 15.00 | 300 | 240.0 | 1.20 | 1.80 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 990066 Snap Peas | 1/4 Cup | 0 | 3 | 0.00 | 0 | *N/A* | 0.02 | *N/A* | 0 | 0.59 | 0.20 | 0.22 | 86 | 3.4 | 4.72 | 0.16 | \$0.000 |
| 990189 Watermelon | 1/4 Cup | 0 | 21 | 0.01 | 1 | 4 | 0.11 | 0.00 | 0 | 5.40 | 0.29 | 0.44 | 407 | 5.0 | 5.79 | 0.17 | \$0.000 |
| 990076 Peaches: canned,light syrup *RESIZED* | 1/4 CUP | 0 | 26 | 0.00 | 3 | *N/A* | 0.07 | 0.00 | 0 | 6.70 | 0.65 | 0.25 | 170 | 3.0 | 1.90 | 0.19 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Wednesday - 01/12/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990117 Turkey Gravy *RESIZED* | 1/2 Cup | 0 | 213 | 0.00 | 1701 | 0 | 3.54 | 0.00 | 0 | 42.52 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 000523 Mashed Potatoes 6-12 | 1/2 Cup | 0 | 160 | 0.00 | 224 | 2 | 2.00 | 0.00 | 0 | 34.00 | 2.00 | 4.00 | 0 | 3.6 | 60.00 | 0.72 | \$0.000 |
| 000152 Biscuit | Biscuit | 0 | 189 | 5.97 | 408 | 2 | 8.95 | 0.00 | 0 | 23.87 | 1.99 | 3.98 | 10 | 149.2 | 0.00 | 0.72 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 990051 CAULIFLOWER,raw: fresh *RESIZED* | 1/4 Cup | 0 | 12 | 0.06 | 15 | 1 | 0.14 | 0.00 | 0 | 2.48 | 1.00 | 0.96 | 0 | 11.0 | 24.10 | 0.21 | \$0.000 |
| 990090 Grapes,Fresh | 1/4 CUP | 0 | 31 | 0.05 | 1 | 7 | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 | \$0.000 |
| 990077 Mandarin Oranges *RESIZED* | 1/4 Cup | 0 | 36 | 0.00 | 4 | 9 | 0.00 | 0.00 | 0 | 9.31 | 0.40 | 0.40 | 506 | 8.1 | 10.94 | 0.15 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Thursday - 01/13/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000065 Cheeseburger | Sandwich | 0 | 370 | 8.00 | 730 | 2 | 19.50 | 1.00 | 50 | 31.00 | 4.00 | 22.00 | *100 | 140.0 | *0.00 | 3.60 | \$0.000 |
| 000536 Sweet Potato Fries K-6 | 1/4 Cup | 0 | 70 | 0.75 | 85 | 4 | 3.00 | 0.00 | 0 | 10.50 | 1.00 | 0.50 | 500 | 10.0 | 2.40 | 0.36 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|---------------------------|------------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 000022 | Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 990234 | Radish Elem | 1/4 Cup | 0 | 5 | 0.01 | 11 | 1 | 0.03 | 0.00 | 0 | 0.99 | 0.46 | 0.20 | 2 | 7.2 | 4.29 | 0.10 | \$0.000 |
| 000068 | Banana | 1/2 Each | 0 | 105 | 0.13 | 1 | 14 | 0.39 | 0.00 | 0 | 26.95 | 3.07 | 1.29 | 76 | 5.9 | 10.27 | 0.31 | \$0.000 |
| 000128 | Tropical Mixed Fruit | 1/4 Cup | 0 | 100 | 0.00 | 0 | 19 | 0.00 | 0.00 | 0 | 20.00 | 1.00 | 0.00 | 0 | 20.0 | 15.00 | 0.72 | \$0.000 |
| 000081 | Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 | Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 | Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 000222 | KETCHUP: individual | Pkt 6g | 0 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 | \$0.000 |
| 000223 | MUSTARD: individual PC | Pkt 5g | 0 | 3 | 0.01 | 55 | 0 | 0.17 | 0.00 | 0 | 0.29 | 0.20 | 0.19 | 5 | 3.2 | 0.02 | 0.08 | \$0.000 |
| Weighted Daily Average | | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | 0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Friday - 01/14/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|--------|---------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 990222 | Chicken Lo Mein K-5 | 1/2 Cup | 0 | 304 | 0.64 | 532 | 5 | 3.79 | 0.00 | 40 | 44.62 | 5.00 | 23.52 | 1000 | 25.5 | 3.60 | 3.01 | \$0.000 |
| 000357 | Fortune Cookie | Cookie | 0 | 22 | 0.00 | 0 | 2 | 0.00 | 0.00 | 0 | 4.91 | 0.00 | 0.00 | 50 | 0.0 | 0.00 | 0.98 | \$0.000 |
| 990034 | Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|---------------------------|--|-------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 000022 | Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 | Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000377 | Cucumber, Raw | 1/4 Cup | 0 | 12 | 0.09 | 2 | 2 | 0.19 | 0.00 | 0 | 2.57 | 0.83 | 0.70 | 86 | 16.7 | 3.81 | 0.26 | \$0.000 |
| 990128 | Clementines | Clementines | 0 | 40 | 0.03 | 2 | 8 | 0.24 | 0.00 | 0 | 10.14 | 1.37 | 0.62 | 518 | 28.1 | 20.29 | 0.11 | \$0.000 |
| 990075 | Pears: canned,light syrup *RESIZED* | 1/4 Cup | 0 | 15 | 0.00 | 2 | 3 | 0.00 | 0.00 | 0 | 3.50 | 0.50 | 0.00 | 0 | 0.0 | 0.30 | 0.09 | \$0.000 |
| 000081 | Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 | Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | | |

Tuesday - 01/18/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|--------|---------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 000544 | Tajin Black Beans | 1/2 Cup | 0 | 130 | 0.00 | 360 | 1 | 0.00 | 0.00 | 0 | 23.00 | 6.00 | 8.00 | 5 | 150.0 | 0.00 | 7.20 | \$0.000 |
| 990034 | Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 | Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 | Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990066 | Snap Peas | 1/4 Cup | 0 | 3 | 0.00 | 0 | *N/A* | 0.02 | *N/A* | 0 | 0.59 | 0.20 | 0.22 | 86 | 3.4 | 4.72 | 0.16 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|---------------------------|-------------------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 990185 | Apple Slices | 1/4 Cup | 0 | 30 | 0.02 | 1 | *N/A* | 0.10 | 0.00 | 0 | 7.83 | 1.37 | 0.15 | 31 | 3.4 | 2.62 | 0.07 | \$0.000 |
| 990095 | Strawberries, Fresh *RESIZED* | 1/4 Cup | 0 | 23 | 0.01 | 1 | 4 | 0.22 | 0.00 | 0 | 5.53 | 1.44 | 0.48 | 9 | 11.5 | 42.34 | 0.30 | \$0.000 |
| 000079 | Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000081 | Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000407 | Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | | 0 | 0.00 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Wednesday - 01/19/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost | |
|--------|------------------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|---------|
| 000126 | BBQ Chicken Sandwich Elem k5 | Sandwich | 0 | 264 | 0.55 | 652 | *8 | 3.97 | *0.00 | 20 | 42.87 | 3.71 | 15.66 | 124 | 41.3 | 2.64 | 2.63 | \$0.000 |
| 990156 | Chips Lays | Bag | 0 | 160 | 1.50 | 170 | 1 | 10.00 | 0.00 | 0 | 15.00 | 1.00 | 2.00 | 0 | 10.0 | 3.60 | 0.36 | \$0.000 |
| 990034 | Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 | Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 | Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990087 | Celery Sticks | 1/4 CUP | 0 | 4 | 0.01 | 24 | 0 | 0.05 | 0.00 | 0 | 0.89 | 0.48 | 0.21 | 135 | 12.0 | 0.93 | 0.06 | \$0.000 |
| 990096 | Pineapple *RESIZED* | 1/4 Cup | 0 | 41 | 0.01 | 1 | 8 | 0.10 | 0.00 | 0 | 10.82 | 1.16 | 0.45 | 48 | 10.7 | 39.44 | 0.24 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990043 Applesauce *RESIZED* | 1/4 Cup | 0 | 25 | 0.00 | 4 | 5 | 0.00 | 0.00 | 0 | 6.30 | 0.42 | 0.00 | 0 | 0.0 | 0.50 | 0.00 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Thursday - 01/20/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990186 Tangy Sweet n Sour Meatballs | 1/2 Cup | 0 | 388 | 6.59 | 603 | 38 | 16.47 | 0.82 | 37 | 51.50 | 1.50 | 11.38 | *1494 | 53.8 | *18.74 | 1.17 | \$0.000 |
| 990036 Rice | 1/2 Cup | 0 | 170 | 0.00 | 0 | 0 | 1.50 | 0.00 | 0 | 23.00 | 1.00 | 4.00 | *N/A* | *N/A* | *N/A* | 0.72 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990051 CAULIFLOWER,raw: fresh *RESIZED* | 1/4 Cup | 0 | 12 | 0.06 | 15 | 1 | 0.14 | 0.00 | 0 | 2.48 | 1.00 | 0.96 | 0 | 11.0 | 24.10 | 0.21 | \$0.000 |
| 000090 Pears, Fresh | 1/2 Pear | 0 | 101 | 0.04 | 2 | 17 | 0.25 | 0.00 | 0 | 27.11 | 5.52 | 0.64 | 44 | 16.0 | 7.65 | 0.32 | \$0.000 |
| 990076 Peaches: canned,light syrup *RESIZED* | 1/4 CUP | 0 | 26 | 0.00 | 3 | *N/A* | 0.07 | 0.00 | 0 | 6.70 | 0.65 | 0.25 | 170 | 3.0 | 1.90 | 0.19 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | *0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Friday - 01/21/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990217 Loaded Totchos Elem | 1/2 Cup | 0 | 567 | 11.02 | 1197 | 2 | 39.18 | 0.00 | 86 | 32.74 | 2.67 | 23.83 | 73 | 37.9 | *6.40 | 2.30 | \$0.000 |
| 000445 Apple Churro | Churro | 0 | 150 | 1.00 | 60 | 9 | 4.00 | 0.00 | 0 | 27.00 | 1.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 | \$0.000 |
| 990041 Shredded Lettuce *RESIZED* | 1/4 Cup | 0 | 2 | 0.00 | 2 | 0 | 0.02 | 0.00 | 0 | 0.41 | 0.18 | 0.12 | 75 | 2.5 | 0.30 | 0.04 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990033 Cherry Tomatoes *RESIZED* | 1/4 Cup | 0 | 9 | 0.00 | 2 | 1 | 0.00 | 0.00 | 0 | 1.97 | 0.66 | 0.33 | 411 | 3.3 | 6.31 | 0.12 | \$0.000 |
| 990106 Cantaloupe | 1/4 Cup | 0 | 30 | 0.05 | 14 | 7 | 0.15 | 0.00 | 0 | 7.00 | 0.80 | 0.75 | 2975 | 5.0 | 32.40 | 0.18 | \$0.000 |
| 990075 Pears: canned,light syrup *RESIZED* | 1/4 Cup | 0 | 15 | 0.00 | 2 | 3 | 0.00 | 0.00 | 0 | 3.50 | 0.50 | 0.00 | 0 | 0.0 | 0.30 | 0.09 | \$0.000 |
| 000209 Sour Cream | 2 TBSP | 0 | 18 | 0.00 | 34 | 0 | 0.00 | *N/A* | 2 | 3.74 | 0.00 | 0.74 | 61 | 30.0 | 0.00 | 0.00 | \$0.000 |
| 000062 Salsa | 2 Oz | 0 | 10 | 0.00 | 220 | 1 | 0.00 | 0.00 | 0 | 2.00 | 1.00 | 0.00 | 100 | 0.0 | 3.60 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Monday - 01/24/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990086 Chicken Strips Elem Main Dish | 3 Strips | 0 | 200 | 2.50 | 530 | 0 | 11.00 | 0.00 | 45 | 12.00 | 0.00 | 13.00 | 0 | 0.0 | 0.00 | 0.50 | \$0.000 |
| 990098 French Fries *RESIZED* | 1/4 Cup | 0 | 87 | 0.33 | 13 | 0 | 3.00 | 0.00 | 0 | 13.34 | 1.33 | 2.00 | 0 | 13.3 | 3.20 | 0.24 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 990234 Radish Elem | 1/4 Cup | 0 | 5 | 0.01 | 11 | 1 | 0.03 | 0.00 | 0 | 0.99 | 0.46 | 0.20 | 2 | 7.2 | 4.29 | 0.10 | \$0.000 |
| 990090 Grapes,Fresh | 1/4 CUP | 0 | 31 | 0.05 | 1 | 7 | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 | \$0.000 |
| 000092 Pineapple Tidbit:canned,lt syr | 1/4 CUP | 0 | 80 | 0.00 | 0 | 15 | 0.00 | 0.00 | 0 | 19.00 | 1.00 | 1.00 | 0 | 20.0 | 0.00 | 0.36 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 900002 BARBECUE SAUCE | 2 TBSP | 0 | 12 | 0.00 | 58 | *3 | 0.01 | *0.00 | 0 | 3.09 | 0.02 | 0.10 | 34 | 2.2 | 0.29 | 0.04 | \$0.000 |
| 000222 KETCHUP: individual | Pkt 6g | 0 | 9 | 0.00 | 82 | 2 | 0.01 | 0.00 | 0 | 2.47 | 0.03 | 0.09 | 47 | 1.4 | 0.37 | 0.03 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Tuesday - 01/25/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-----------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000442 Calzone Meat Combo | Calzone | 0 | 250 | 2.00 | 480 | 4 | 5.00 | 0.00 | 15 | 33.00 | 4.00 | 18.00 | 200 | 350.0 | 0.00 | 2.70 | \$0.000 |
| 000354 Garlic Veggies Elem | 1/4 Cup | 0 | 57 | 2.58 | 196 | 2 | 4.64 | 0.00 | 10 | 3.09 | 1.03 | 0.52 | 773 | 10.3 | 10.82 | 0.37 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990087 Celery Sticks | 1/4 CUP | 0 | 4 | 0.01 | 24 | 0 | 0.05 | 0.00 | 0 | 0.89 | 0.48 | 0.21 | 135 | 12.0 | 0.93 | 0.06 | \$0.000 |
| 000085 Orange Halves | 1 Half | 0 | 62 | 0.02 | 0 | 12 | 0.16 | 0.00 | 0 | 15.39 | 3.14 | 1.23 | 295 | 52.4 | 69.69 | 0.13 | \$0.000 |
| 990043 Applesauce *RESIZED* | 1/4 Cup | 0 | 25 | 0.00 | 4 | 5 | 0.00 | 0.00 | 0 | 6.30 | 0.42 | 0.00 | 0 | 0.0 | 0.50 | 0.00 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Wednesday - 01/26/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990177 Chicken Taquito Elem | 2 Taquito | 0 | 200 | 0.00 | 260 | 1 | 2.50 | 0.00 | 20 | 26.00 | 3.00 | 10.00 | 10 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 990093 Refried Beans K-6 | 1/2 Cup | 0 | 280 | 7.50 | 690 | 0 | 13.50 | 0.00 | 34 | 25.00 | 8.00 | 15.00 | 300 | 240.0 | 1.20 | 1.80 | \$0.000 |
| 990041 Shredded Lettuce *RESIZED* | 1/4 Cup | 0 | 2 | 0.00 | 2 | 0 | 0.02 | 0.00 | 0 | 0.41 | 0.18 | 0.12 | 75 | 2.5 | 0.30 | 0.04 | \$0.000 |
| 990066 Snap Peas | 1/4 Cup | 0 | 3 | 0.00 | 0 | *N/A* | 0.02 | *N/A* | 0 | 0.59 | 0.20 | 0.22 | 86 | 3.4 | 4.72 | 0.16 | \$0.000 |
| 990107 Honeydew *RESIZED* | 1/4 Cup | 0 | 32 | 0.05 | 16 | 7 | 0.10 | 0.00 | 0 | 8.05 | 0.70 | 0.50 | 50 | 5.0 | 0.60 | 0.18 | \$0.000 |
| 990079 Strawberries: Frozen *RESIZED* | 1/4 Cup | 0 | 61 | 0.00 | 2 | 15 | 0.08 | 0.00 | 0 | 16.52 | 1.21 | 0.34 | 15 | 7.0 | 26.39 | 0.38 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000062 Salsa | 2 Oz | 0 | 10 | 0.00 | 220 | 1 | 0.00 | 0.00 | 0 | 2.00 | 1.00 | 0.00 | 100 | 0.0 | 3.60 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000209 Sour Cream | 2 TBSP | 0 | 18 | 0.00 | 34 | 0 | 0.00 | *N/A* | 2 | 3.74 | 0.00 | 0.74 | 61 | 30.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Thursday - 01/27/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | VIt-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000028 Tomato Soup Elem | 1/2 Cup | 0 | 90 | 0.50 | 394 | 10 | 1.00 | 0.00 | 0 | 18.00 | 1.00 | 2.00 | 400 | 3.6 | 6.00 | 0.36 | \$0.000 |
| 000581 Grilled Cheese Sandwich | Sandwich | 0 | 360 | 8.00 | 830 | 4 | 17.00 | 0.00 | 30 | 32.00 | 2.00 | 20.00 | 336 | 450.0 | 0.00 | 0.00 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 990051 CAULIFLOWER,raw: fresh *RESIZED* | 1/4 Cup | 0 | 12 | 0.06 | 15 | 1 | 0.14 | 0.00 | 0 | 2.48 | 1.00 | 0.96 | 0 | 11.0 | 24.10 | 0.21 | \$0.000 |
| 990185 Apple Slices | 1/4 Cup | 0 | 30 | 0.02 | 1 | *N/A* | 0.10 | 0.00 | 0 | 7.83 | 1.37 | 0.15 | 31 | 3.4 | 2.62 | 0.07 | \$0.000 |
| 000128 Tropical Mixed Fruit | 1/4 Cup | 0 | 100 | 0.00 | 0 | 19 | 0.00 | 0.00 | 0 | 20.00 | 1.00 | 0.00 | 0 | 20.0 | 15.00 | 0.72 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Campbell County School District

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | *0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | *0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Friday - 01/28/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000278 Homemade Blueberry Pancakes | Pancake | 0 | 226 | 0.51 | 390 | 11 | 3.59 | 0.00 | 0 | 44.11 | 5.68 | 6.21 | 55 | 201.7 | *2.75 | 1.88 | \$0.000 |
| 000194 Turkey Bacon | 2 Slice | 0 | 50 | 2.00 | 300 | 0 | 4.00 | 0.00 | 20 | 0.00 | 0.00 | 4.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 000377 Cucumber, Raw | 1/4 Cup | 0 | 12 | 0.09 | 2 | 2 | 0.19 | 0.00 | 0 | 2.57 | 0.83 | 0.70 | 86 | 16.7 | 3.81 | 0.26 | \$0.000 |
| 990095 Strawberries, Fresh *RESIZED* | 1/4 Cup | 0 | 23 | 0.01 | 1 | 4 | 0.22 | 0.00 | 0 | 5.53 | 1.44 | 0.48 | 9 | 11.5 | 42.34 | 0.30 | \$0.000 |
| 990077 Mandarin Oranges *RESIZED* | 1/4 Cup | 0 | 36 | 0.00 | 4 | 9 | 0.00 | 0.00 | 0 | 9.31 | 0.40 | 0.40 | 506 | 8.1 | 10.94 | 0.15 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000349 Syrup, Pancake | 2 OZ | 0 | 35 | 0.00 | 95 | 0 | 0.00 | 0.00 | 0 | 11.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | *0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

Monday - 01/31/2022

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|--|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 990216 Teriyaki Chicken Sandwich | Sandwich | 0 | 266 | 0.50 | 588 | 11 | 3.58 | 0.00 | 45 | 37.90 | 3.04 | 23.48 | 14 | 23.1 | 0.20 | 2.21 | \$0.000 |
| 990078 Coleslaw Mix K-6 *RESIZED* | 1/4 Cup | 0 | 87 | 1.00 | 102 | 6 | 6.00 | 0.00 | 5 | 8.00 | 1.33 | 0.67 | 267 | 26.7 | 24.01 | 0.00 | \$0.000 |
| 990034 Salad Mix | 1/4 Cup | 0 | 20 | 0.00 | 13 | 1 | 0.00 | 0.00 | 0 | 4.00 | 1.33 | 1.33 | 5336 | 26.7 | 3.20 | 0.96 | \$0.000 |
| 000022 Carrot Sticks | 1/4 CUP | 0 | 50 | 0.04 | 84 | 6 | 0.29 | 0.00 | 0 | 11.69 | 3.42 | 1.14 | 20381 | 40.3 | 7.20 | 0.37 | \$0.000 |
| 000256 Broccoli,raw: fresh | 1/4 CUP | 0 | 31 | 0.10 | 30 | 2 | 0.34 | 0.00 | 0 | 6.04 | 2.37 | 2.57 | 567 | 42.8 | 81.17 | 0.66 | \$0.000 |
| 990033 Cherry Tomatoes *RESIZED* | 1/4 Cup | 0 | 9 | 0.00 | 2 | 1 | 0.00 | 0.00 | 0 | 1.97 | 0.66 | 0.33 | 411 | 3.3 | 6.31 | 0.12 | \$0.000 |
| 990106 Cantaloupe | 1/4 Cup | 0 | 30 | 0.05 | 14 | 7 | 0.15 | 0.00 | 0 | 7.00 | 0.80 | 0.75 | 2975 | 5.0 | 32.40 | 0.18 | \$0.000 |
| 990075 Pears: canned,light syrup *RESIZED* | 1/4 Cup | 0 | 15 | 0.00 | 2 | 3 | 0.00 | 0.00 | 0 | 3.50 | 0.50 | 0.00 | 0 | 0.0 | 0.30 | 0.09 | \$0.000 |
| 000081 Milk Chocolate CCSD | Carton | 0 | 130 | 0.00 | 180 | 18 | 2.50 | 0.00 | 15 | 19.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| 000079 Milk White CCSD | Cup | 0 | 110 | 1.50 | 130 | 12 | 2.50 | 0.00 | 10 | 13.00 | 0.00 | 8.00 | 500 | 300.0 | 2.40 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 000407 Ranch Dressing | 2 TBSP | 0 | 160 | 3.00 | 170 | 1 | 17.00 | 0.00 | 15 | 1.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 0 | 0.00 | 0 | 0 | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| % of Calories | | | | 0% | | 0% | 0% | 0% | | 0% | | 0% | | | | | |
| Weekly Nutrient Guideline | | | 600 - 700 | <10 | 1360 | | <=0 | | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|------|
| Weighted Averages | 0 | 0 | 0 | *0 | 0.00 | *0.00 | 0 | 0.00 | 0.00 | 0.00 | *0 | *0.0 | *0.00 | 0.00 | |
| % of Calories | | 0% | | *0% | 0% | *0% | | 0% | | 0% | | | | | |

- *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- ¹ - denotes required nutrient values
- ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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