



Monday	Tuesday	Wednesday	Thursday	Friday
<p>02/06/2023</p> <p>Banana Muffin</p> <p>Creamy Cilantro Lime Chicken WW Burrito Cilantro Lime Meatless Chicken WW Burrito(V/VG) Pico w/ Tomatoes &amp; Onions</p>	<p>02/07/2023</p> <p>Pancakes w/Turkey Sausage or Pancakes w/Veggie Patty</p> <p>Chili Turkey Hot Dog* Veggie Hot Dog Green Beans</p>	<p>Pumpkin Carrot Breakfast Bar</p> <p>Chicken Caesar Pasta Salad Chicken Meatless Caesar Pasta Salad</p>	<p>02/09/2023</p> <p>Cheerios and Yogurt</p> <p>Beef Burger Veggie Burger Creamy Mashed Potatoes</p>	<p>02/10/2023</p> <p>Professional Development Day for Teachers</p> <p>Asynch Day for Students</p>
<p>02/13/2023</p> <p>Gingerbread Muffin</p> <p>Turkey Shepherd's Pie w/Mashed Potato &amp; Carrot Meatless Shepherd's Pie w Mashed Potato &amp; Carrot Steamed Brown Rice</p>	<p>02/14/2023</p> <p>Cheesy Scrambled Eggs and Roll</p> <p>Buffalo Chicken w/Mac &amp; Cheese Buffalo Meatless Chicken w/Mac &amp; Cheese Roasted Cauliflower &amp; Broccoli Medley</p>	<p>02/15/2023</p> <p>Cinnamon Raisin Bagel</p> <p>Breaded Chicken Nuggets Veggie Chicken Nuggets Sweet Potato Tater Tots</p>	<p>02/16/2023</p> <p>Waffles w/Syrup</p> <p>Turkey Nachos w/ Romaine &amp; Corn Pico</p> <p>Meatless Nachos w/Rom. &amp; Corn Pico</p>	<p>02/17/2023</p> <p>English Muffin w/Chicken Sausage Patty English Muffin w/Veggie Patty</p> <p>One-Pot WG Enchilada Rice w/Beans &amp; Red Pepper</p>
<p>02/20/2023</p> <p>Presidents' Day -- NO SCHOOL TODAY</p>	<p>02/21/2023</p> <p>No School Today</p>	<p>02/22/2023</p> <p>French Toast Sticks</p> <p>Pasta Salad w/Chicken,Broccoli &amp; Cucumber Pasta Salad Meatless w/ Broccoli &amp; Cucumber</p>	<p>02/23/2023</p> <p>Cinnamon Roll</p> <p>Beef Meatballs w/ Brown Rice &amp; Beans</p> <p>Veggie Meatballs w/Brown Rice &amp; Beans</p>	<p>02/24/2023</p> <p>Chai Cheesecake Whole Wheat Muffin</p> <p>Chicken Corn Dog Veggie Hot Dog Roasted Potatoes &amp; Carrots Medley</p>
<p>02/27/2023</p> <p>Cheerios and Yogurt</p> <p>Grilled Chicken Baked Chickenless Steamed Brown Rice &amp; Black Beans</p>	<p>02/28/2023</p> <p>Corn Muffin</p> <p>BBQ Chicken Slider BBQ Chicken Meatless Slider Sweet Corn</p>	<p>03/01/2023</p> <p>Potato &amp; Egg Scramble w/Roll</p> <p>Cranberry Turkey Breast w/ Arugula Cranberry Toasted Tofu w/Arugula Fresh Broccoli</p>	<p>03/02/2023</p> <p>Pumpkin Carrot Breakfast Bar</p> <p>Chicken Stroganoff Pasta w/ Pepper,Carrot &amp; Zuchini Chicken Meatless Pasta w/ Pepper,Carrot &amp; Zuchini</p>	<p>03/03/2023</p> <p>Professional Development Day for Teachers</p> <p>No In-Person School for Students</p>

**Available Choice of Milk: Unflavored 1% milk, unflavored skim milk, Lactose Free or Soy (Upon Request)**

**Dairy - Free (DF), Gluten Free (GF), Vegan (VG), Vegetarian (V) options available daily upon request.**

# Base Menu Spreadsheet

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## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

**Menu Name:** Washington Latin PCS - K-8 - Breakfast

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 02/06/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991262 WG Banana Muffin (Chef Pierre)	57 gr	100	200	1.50	110	16	0.00	10	31.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0	28.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			420	2.25	250	*53	0.00	20	72.00
<b>% of Calories</b>				4.82%		*50.5%	0.0%		68.6%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540				

### Tuesday - 02/07/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991379 Pancakes & Turkey Sausage on a Stick	2.5 oz	100	140	1.50	360	6	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	2	0.00	6	0	0.00	0	0.35
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0	4.00

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			462	2.52	579	*48	0.00	20	87.26
% of Calories				4.91%		*41.6%	0.0%		75.5%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540				

## Wednesday - 02/08/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991334 Pumpkin Carrot Breakfast Bar	1 squares	100	223	2.59	231	*21	*0.00	36	41.54
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			401	3.38	362	*49	*0.00	46	75.12
% of Calories				7.59%		*48.9%	*0.0%		74.9%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540				

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Thursday - 02/09/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991082 Cereal WG Cheerios (k-8) 28gr	28 gr	100	100	0.00	140	1	0.00	0	21.00
991346 Yogurt Yoplait 4oz	4 oz	100	100	0.00	55	15	0.00	5	21.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>384</b>	<b>0.78</b>	<b>326</b>	<b>*43</b>	<b>0.00</b>	<b>15</b>	<b>77.54</b>
<b>% of Calories</b>				<b>1.83%</b>		<b>*44.8%</b>	<b>0.0%</b>		<b>80.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>				

## Friday - 02/10/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY									
<b>Weighted Daily Average</b>			<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0.00</b>
<b>% of Calories</b>				<b>0%</b>		<b>0%</b>	<b>0%</b>		<b>0%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>				

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Monday - 02/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991328 WW Gingerbread Muffin	56 grams	100	278	0.86	69	*25	*0.00	16	42.58
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			498	1.61	209	*62	*0.00	26	83.58
% of Calories				2.91%		*49.8%	*0.0%		67.1%
Weekly Nutrient Guideline			400 - 500	<10	540				

## Tuesday - 02/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991058 WW Breakfast Roll & Cheesy Scramble eggs	serving	100	253	3.40	362	*3	0.00	241	20.94
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			493	4.26	497	*44	0.00	251	69.16
% of Calories				7.78%		*35.7%	0.0%		56.1%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Wednesday - 02/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990661 Cinnamon Raisin WG Bagel (V/VG)	1 bagel	100	170	0.00	160	8	0.00	0	34.00
992125 CHEESE, CREAM PLAIN SPREAD SS PLASTIC CUP	0.75 oz	100	50	3.00	85	0	0.00	15	1.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			397	3.79	376	*36	0.00	25	68.58
% of Calories				8.59%		*36.3%	0.0%		69.1%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Thursday - 02/16/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992067 WG waffles w/ Apple-Pears Cinnamon	2 waffles	100	256	1.52	381	*6	*0.00	5	38.44
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>441</b>	<b>2.30</b>	<b>512</b>	<b>*34</b>	<b>*0.00</b>	<b>15</b>	<b>73.98</b>
<b>% of Calories</b>				<b>4.69%</b>		<b>*30.8%</b>	<b>*0.0%</b>		<b>67.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>				

### Friday - 02/17/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991560 WG English Muffin w/ Chicken Patty	serving	100	203	2.02	444	1	0.00	40	24.37
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			513	3.04	576	*43	0.00	50	91.28
% of Calories				5.33%		*33.5%	0.0%		71.2%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Monday - 02/20/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY									
Weighted Daily Average			0	0.00	0	0	0.00	0	0.00
% of Calories				0%		0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Tuesday - 02/21/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000167 NO BREAKFAST									
Weighted Daily Average			0	0.00	0	0	0.00	0	0.00
% of Calories				0%		0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540				



# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

### Wednesday - 02/22/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991061 French Toast Sticks k-12	4 stick (92 gr)	100	260	2.00	300	9	0.00	0	38.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			454	2.78	511	*36	0.00	10	77.54
<b>% of Calories</b>				5.51%		*31.7%	0.0%		68.3%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540				

### Thursday - 02/23/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991425 WG Cinnamon Roll Freezer to Oven	3 oz	100	263	5.06	425	10	0.00	0	36.45
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0	24.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			463	5.81	585	*43	0.00	10	73.45
% of Calories				11.29%		*37.1%	0.0%		63.5%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Friday - 02/24/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990505 WW Chai Cheesecake Muffin - CR	2 oz	100	299	2.94	213	*30	*0.00	35	45.44
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			477	3.73	345	*58	*0.00	45	79.02
% of Calories				7.04%		*48.6%	*0.0%		66.3%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Monday - 02/27/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	0.00	0	23.00
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	100	50	0.00	55	7	0.00	5	10.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>344</b>	<b>0.78</b>	<b>291</b>	<b>*40</b>	<b>0.00</b>	<b>15</b>	<b>68.54</b>
<b>% of Calories</b>				<b>2.04%</b>		<b>*46.5%</b>	<b>0.0%</b>		<b>79.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>				

**Tuesday - 02/28/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000239 WG Corn Muffin	serving	100	292	1.91	279	*0	0.00	32	48.26
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			512	2.66	419	*37	0.00	42	89.26
% of Calories				4.68%		*28.9%	0.0%		69.7%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Wednesday - 03/01/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	*0.00	196	37.69
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			542	4.03	663	*45	*0.00	206	85.91
% of Calories				6.69%		*33.2%	*0.0%		63.4%
Weekly Nutrient Guideline			400 - 500	<10	540				

### Thursday - 03/02/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991334 Pumpkin Carrot Breakfast Bar	1 squares	100	223	2.59	231	*21	*0.00	36	41.54
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>533</b>	<b>3.61</b>	<b>363</b>	<b>*63</b>	<b>*0.00</b>	<b>46</b>	<b>108.44</b>
<b>% of Calories</b>				<b>6.10%</b>		<b>*47.3%</b>	<b>*0.0%</b>		<b>81.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>				

### Friday - 03/03/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991372 WG Chocolate Chip Pancakes (Krusteaz)	2 pancakes	100	186	1.51	400	9	0.00	7	36.06
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0	4.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			374	2.31	611	*38	0.00	17	73.64
% of Calories				5.56%		*40.6%	0.0%		78.8%
Weekly Nutrient Guideline			400 - 500	<10	540				

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			453	3	440	*45	*0.00	51	79.66
% of Calories				5.80%		*39.7%	*0.0%		70.3%

**\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

**Menu Name:** Washington Latin PCS - K-8 -Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 02/06/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991703 Creamy Cilantro Lime Chicken Burrito ( tortill10")	1 tortillas 10"	100	345	2.75	334	*2	*0.00	50	35.91
991873 Creamy Cilantro Lime Meatless. ( tortill10") V/VG	1 tortillas 10"	1	3	0.01	4	*0	*0.00	0	0.35
992065 Pico de Gallo - 3/4 cup	3/4 cup	100	45	0.03	18	5	0.00	0	9.97
991307 Cranberry, Dried Original	1.16oz	100	110	0.00	0	24	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			604	3.54	487	*44	*0.00	60	87.23
<b>% of Calories</b>				5.27%		*29.1%	*0.0%		57.8%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230				

### Tuesday - 02/07/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991038 Chili hot dog, turkey + Bun	serving	100	349	6.05	1080	*8	*0.00	50	35.51

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	0.00	0	0.32
991128 Green Beans Canned	1/4 cup	100	43	2.40	73	0	*0.00	7	1.50
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0	3.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>544</b>	<b>9.22</b>	<b>1315</b>	<b>*30</b>	<b>*0.00</b>	<b>67</b>	<b>64.00</b>
<b>% of Calories</b>				<b>15.25%</b>		<b>*22.1%</b>	<b>*0.0%</b>		<b>47.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>				

### Wednesday - 02/08/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992074 Chicken Caesar Pasta Salad - 3/4 cup	3/4 cup	100	474	3.67	390	5	*0.00	50	48.95
992077 Chicken Meatless Caesar Pasta Salad 3/4 cup	3/4 cup	1	6	0.04	7	0	*0.00	0	0.52
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50



# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			640	4.46	532	*31	*0.00	60	76.47
% of Calories				6.27%		*19.4%	*0.0%		47.8%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230				

**Thursday - 02/09/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990149 Beef Burger	1 serving	100	368	3.54	737	5	0.00	35	14.92
991182 Beef Meatless Burger (V/VG)	1 serving	1	3	0.00	8	0	0.00	0	0.37
000249 MASHED POTATOES - .75 cup	3/4 cup	100	126	1.83	21	*2	*0.00	6	22.01
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0	3.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			646	6.14	922	*30	*0.00	52	63.59
% of Calories				8.55%		*18.6%	*0.0%		39.4%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230				

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Friday - 02/10/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY									
Weighted Daily Average			0	0.00	0	0	0.00	0	0.00
% of Calories				0%		0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230				

## Monday - 02/13/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990272 Shepherd's Pie	serving	100	278	2.74	219	*2	*0.00	95	28.73
992079 Shepherd's Pie (V)	serving	1	2	0.01	5	*0	*0.00	0	0.33
990924 Brown Rice - Riceland	1 cup	100	200	0.00	4	*0	*0.00	0	42.67
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			619	3.52	359	*23	*0.00	105	95.01
% of Calories				5.12%		*14.9%	*0.0%		61.4%
Weekly Nutrient Guideline			600 - 650	<10	1230				

Tuesday - 02/14/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992173 Buffalo Chicken Mac & Cheese - (Cheese Sauce)	1 Portion	100	373	6.32	806	2	0.00	51	46.00
992175 Buffalo Chicken Meat Mac & Cheese - (Cheese Sauce)	1 Portion	1	4	0.06	9	0	0.00	0	0.47
990966 CAULIFLOWER and BROCCOLI -3/4 (0.5 OT/ 0.25DG)	3/4 cup	100	62	0.42	23	1	0.00	0	4.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			578	7.57	968	*23	0.00	62	74.13
% of Calories				11.79%		*15.9%	0.0%		51.3%
Weekly Nutrient Guideline			600 - 650	<10	1230				

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Wednesday - 02/15/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991084 Chicken Nuggets Breaded	4 pc (91 gr)	100	210	2.50	340	1	0.00	40	12.00
991720 Vegan Chicken Nuggets	5 Nuggets	1	3	0.02	5	0	0.00	0	0.25
990955 Sweet Potato Tater Tots	3/4 cup (16 pc)	100	270	0.00	345	24	0.00	0	51.00
991277 Ranch Dressing (ss)	1 ss (pouch)	100	20	0.00	80	1	0.00	0	4.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			708	3.40	901	*53	0.00	50	107.20
% of Calories				4.32%		*29.9%	0.0%		60.6%
Weekly Nutrient Guideline			600 - 650	<10	1230				

## Thursday - 02/16/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991570 BYO Turkey Nachos	SERVING	100	377	7.83	350	7	0.00	82	34.32
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	0.00	0	0.39

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	0.00	0	4.00
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.00	0	23.48
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			599	8.73	519	*41	0.00	92	75.18
% of Calories				13.12%		*27.4%	0.0%		50.2%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Friday - 02/17/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991415 One-Pot Enchilada Rice (v)	serving	100	462	3.17	420	*3	*0.00	15	78.19
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0	12.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			612	3.92	565	*26	*0.00	25	103.19
% of Calories				5.76%		*17.0%	*0.0%		67.4%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Monday - 02/20/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000145 NO SCHOOL TODAY									
Weighted Daily Average			0	0.00	0	0	0.00	0	0.00
% of Calories				0%		0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Tuesday - 02/21/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH									
Weighted Daily Average			0	0.00	0	0	0.00	0	0.00
% of Calories				0%		0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230				

# Base Menu Spreadsheet

Weighted Values

Feb 6, 2023 thru Mar 3, 2023

## Wednesday - 02/22/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992132 Strawberry Pasta Salad	serving	100	347	0.87	195	*6	*0.00	53	50.10
992141 Strawberry Pasta Salad (Vegetarian)	serving	1	4	0.00	3	*0	*0.00	0	0.52
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>556</b>	<b>1.75</b>	<b>329</b>	<b>*33</b>	<b>*0.00</b>	<b>63</b>	<b>90.57</b>
% of Calories				2.83%		*23.7%	*0.0%		65.2%
Weekly Nutrient Guideline			600 - 650	<10	1230				

## Thursday - 02/23/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991153 Beef Meatballs w/ rice & Black Beans	1 cup cooked	100	490	5.00	535	5	0.00	45	61.63
991868 Veggie Meatballs and rice & Beans PreK-8	1 serving	1	5	0.00	5	0	0.00	0	0.78
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.00	0	10.29
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
Weighted Daily Average			634	5.78	671	*26	0.00	55	85.70
% of Calories				8.21%		*16.4%	0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Friday - 02/24/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990663 JUMBO CHICKEN CORN DOG, INDIVIDUAL WRAP	112 gr	100	240	2.50	470	8	0.00	40	30.00
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	0.00	0	0.32
991341 Roasted Potatoes & Carrots - .75 (S- 0.5)	3/4 cup	100	136	0.30	28	*2	0.00	0	23.56
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0	3.00
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0.00	0	14.00
000190 Low Fat Milk - 1%	8 fl. oz.	70	77	1.05	91	9	0.00	10	9.10
000231 MILK,Skim	8 fl. oz.	30	27	0.00	39	4	0.00	2	3.90



# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			622	5.35	734	*37	0.00	57	83.88
% of Calories				7.74%		*23.8%	0.0%		53.9%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Monday - 02/27/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991359 Chicken - 2.87 oz KM	2.87 oz	100	103	0.75	146	*0	*0.00	41	0.11
991197 Baked Chicken Meatless ( V/VG)	80 gr	1	1	0.00	2	*0	0.00	0	0.04
992170 Brown Rice and Black Beans 3/4 cup - 1 cup cooked	serving	100	380	0.00	194	1	0.00	0	74.51
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.00	0	10.29
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			623	1.52	473	*22	*0.00	51	97.96
% of Calories				2.20%		*14.1%	*0.0%		62.9%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Tuesday - 02/28/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990402 BBQ Chicken Sandwich-	serving	100	294	0.62	799	15	0.00	43	21.86
991711 BBQ Chicken Meatless Sandwich- (Vegetarian)	serving	1	3	0.00	9	0	0.00	0	0.24
990877 CORN: frozen, yellow - 3/4 cup	3/4CUP	100	100	0.13	1	4	0.00	0	23.88
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>602</b>	<b>1.63</b>	<b>941</b>	<b>*47</b>	<b>0.00</b>	<b>53</b>	<b>85.94</b>
<b>% of Calories</b>				<b>2.44%</b>		<b>*31.2%</b>	<b>0.0%</b>		<b>57.1%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>				

### Wednesday - 03/01/2023

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992031 Cranberry Turkey Sandwich	serving	100	371	4.02	1478	18	0.00	60	46.33
992071 Cranberry Toasted Tofu Sandwich	serving	1	3	0.04	5	0	0.00	0	0.46
992033 BROCCOLI - 1/4 cup - Fresh	1/4 cup	100	2	0.01	2	0	0.00	0	0.38
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	0.00	10	1.00

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>646</b>	<b>6.83</b>	<b>1796</b>	<b>*39</b>	<b>0.00</b>	<b>80</b>	<b>71.82</b>
% of Calories				9.52%		*24.1%	0.0%		44.5%
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1230</b>				

**Thursday - 03/02/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991232 Chicken Stroganoff Pasta	serving	100	465	0.92	332	*10	*0.00	43	74.21
991722 Chicken Stroganoff Pasta (vegetarian)	serving	1	5	0.00	5	*0	*0.00	0	0.76
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0	12.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Feb 6, 2023 thru Mar 3, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			620	1.67	482	*34	*0.00	53	99.97
% of Calories				2.42%		*21.9%	*0.0%		64.5%
Weekly Nutrient Guideline			600 - 650	<10	1230				

### Friday - 03/03/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991692 WG Cheese Pizza (V)	4.6 oz	100	300	4.00	580	14	0.00	15	37.00
990604 CREAMY COLESLAW - 3/4 cup	3/4 cup	100	77	0.29	111	7	*0.00	3	12.79
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.00	0	23.48
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0	0.00
Weighted Daily Average			571	5.11	825	*53	*0.00	28	86.27
% of Calories				8.05%		*37.1%	*0.0%		60.4%
Weekly Nutrient Guideline			600 - 650	<10	1230				

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	613	5	754	*35	*0.00	60	85.18

# Base Menu Spreadsheet

## Weighted Values

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% of Calories				6.92%		*22.8%	*0.0%		55.6%
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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