



Monday	Tuesday	Wednesday	Thursday	Friday
<p>03/06/2023</p> <p>Cinnamon Toast Crunch w/GoGurt</p> <p>WG Spaghetti &amp; Turkey Meat Sauce Spaghetti &amp; Plant Based Meat Sauce (V/VG)</p> <p>Fresh Tangerines</p>	<p>03/07/2023</p> <p>Berry French Toast</p> <p>Jerk Chicken &amp; Brown Rice Jerk Chicken Meatless &amp; Brown Rice (V/VG)</p> <p>Broccoli &amp; Potato Medley</p> <p>Orange Juice</p>	<p>03/08/2023</p> <p>Cheesy Hash Brown Bake</p> <p>Half-Day for Students No Lunch Service</p>	<p>03/09/2023</p> <p>Apple Caramel Bread Pudding</p> <p>Chicken &amp; Turkey Bacon Pasta w/ Tomato &amp; Spinach</p> <p>Chicken Meatless Pasta w/Tomato &amp; Spinach</p> <p>Apples</p>	<p>03/10/2023</p> <p>Breakfast Tacos</p> <p>Cheeseburger Veggie Burger</p> <p>Black Beans &amp; Corn Salad</p> <p>Fresh Pears</p>
<p>03/13/2023</p> <p>Waffles</p> <p>Turkey Latin Brown Rice &amp; Black Beans Plant-Based Crumbles w/Brown Rice &amp; Black Beans(V/VG)</p> <p>Apples</p>	<p>03/14/2023</p> <p>French Toast Sticks</p> <p>Buffalo Chicken WG Mac &amp; Cheese Buffalo Chicken Meatless WG Mac &amp; Cheese (V) Roasted Cauliflower Fresh Pears</p>	<p>03/15/2023</p> <p>Hard Boiled Egg with Bread Bananas</p> <p>Broccoli Rice Casserole w/ Cheddar Cheese (V)</p> <p>Fruit Punch</p>	<p>03/16/2023</p> <p>Chocolate Chip Muffin</p> <p>Chicken Stroganoff Pasta w/ Pepper,Carrot &amp; Zuchin.</p> <p>Chicken Meatless Pasta w/ Pepper,Carrot&amp; Zuchin. (V) Fresh Tangerines</p>	<p>03/17/2023</p> <p>Egg Burrito</p> <p>Pepperoni Pizza Cheese Pizza (V)</p> <p>Sweet Corn Bananas</p>
<p>03/20/2023</p> <p>Multigrain Cheerios w/Yogurt</p> <p>Tomato N' Cheese Pasta(V)</p> <p>Fresh Pears</p>	<p>03/21/2023</p> <p>French Toast Muffin</p> <p>Corn Dog Chicken Veggie Hot Dog</p> <p>Broccoli &amp; Potato Medley Bananas</p>	<p>03/22/2023</p> <p>Turkey or Veggie Patty Bisuit</p> <p>Curried Chicken Wrap Curried Chicken Meatless Wrap (V)</p> <p>Orange Juice</p>	<p>03/23/2023</p> <p>Breakfast Pizza</p> <p>Spanish Rice w/Chicken, Beans &amp; Tomato</p> <p>Brown Rice w/Chicken Meatless Kidney Bean &amp; Tomato V/VG</p> <p>Apples</p>	<p>03/24/2023</p> <p>Lemo Blueberry Squares</p> <p>Turkey Nachos w/Romaine &amp; Pico Meatless Nachos w/Romaine &amp; Pico</p> <p>Fresh Tangerines</p>
<p>03/27/2023</p> <p>NO SCHOOL TODAY</p>	<p>03/28/2023</p> <p>NO SCHOOL TODAY</p>	<p>03/29/2023</p> <p>NO SCHOOL TODAY</p>	<p>03/30/2023</p> <p>NO SCHOOL TODAY</p>	<p>03/31/2023</p> <p>NO SCHOOL TODAY</p>

**Base Menu Spreadsheet**

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

**Menu Name:** Washington Latin PCS - K-8 - Breakfast      **Include Cost:** No  
**Site:**      **Report Style:** Detailed

**Monday - 03/06/2023      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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991103 CEREALS RTE,GENERAL MILLS,CINN TOAST CRUNCH KM	1 (28 GR)	100	120	1.00	160	8	3.00	0.00	0	22.00
000065 Go Gurts	2 oz	100	51	0.00	30	8	0.51	0.00	5	10.12
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			481	2.01	323	*58	5.54	0.00	15	99.03
% of Calories				3.76%		*48.2%	10.4%	0.0%		82.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

**Tuesday - 03/07/2023      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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991054 Pillsbury French Toast Triple Berry	75 gr	100	210	1.00	190	11	7.00	0.00	0	36.00

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>404</b>	<b>1.78</b>	<b>401</b>	<b>*38</b>	<b>8.46</b>	<b>0.00</b>	<b>10</b>	<b>75.54</b>
<b>% of Calories</b>				<b>3.97%</b>		<b>*37.6%</b>	<b>18.8%</b>	<b>0.0%</b>		<b>74.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

### Wednesday - 03/08/2023

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)	T-Fat (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	5.00	0.00	10	16.00
991777 VEGGIE Patty WG Pancakes	1 serving	1	3	0.00	8	0	0.09	0.00	0	0.37
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			330	2.30	580	*35	6.60	0.00	20	53.95
% of Calories				6.27%		*42.4%	18.0%	0.0%		65.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Thursday - 03/09/2023

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991332 Apple Caramel Bread Pudding	1 serving	100	287	3.67	227	31	7.57	*0.00	65	49.05
990660 Orange Juice	2 HC	100	100	0.00	30	20	0.00	0.00	0	24.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			487	4.42	387	*64	8.82	*0.00	75	86.05
% of Calories				8.17%		*52.6%	16.3%	*0.0%		70.7%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Friday - 03/10/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

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## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990947 Taco Breakfast	1	100	199	2.68	359	*0	8.98	*0.00	98	16.06
991174 VEGGIE Taco Breakfast (V/VG)	1	1	3	0.04	5	*0	0.17	*0.00	0	0.25
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>442</b>	<b>3.57</b>	<b>500</b>	<b>*41</b>	<b>11.22</b>	<b>*0.00</b>	<b>108</b>	<b>64.52</b>
<b>% of Calories</b>				<b>7.27%</b>		<b>*37.1%</b>	<b>22.8%</b>	<b>*0.0%</b>		<b>58.4%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

### Monday - 03/13/2023

**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)	T-Fat (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	6.12	*0.00	5	38.44
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0.00	0.00	0	28.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			476	2.27	521	*43	7.37	*0.00	15	79.44
% of Calories				4.29%		*36.1%	13.9%	*0.0%		66.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Tuesday - 03/14/2023

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)	T-Fat (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	10.00	0.00	0	38.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	0.00	0.00	0	4.00
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			510	2.85	515	*50	12.07	0.00	10	90.22
% of Calories				5.03%		*39.2%	21.3%	0.0%		70.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Wednesday - 03/15/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000303 White WW Loaf - 0.5" slice	1 slice	100	80	0.00	150	2	1.00	0.00	0	14.00
000370 EGG,HARD-BOILED	1 EACH	100	72	1.56	71	0	4.76	0.02	186	0.36
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>462</b>	<b>2.58</b>	<b>353</b>	<b>*44</b>	<b>7.78</b>	<b>0.02</b>	<b>196</b>	<b>81.26</b>
% of Calories				5.03%		*38.1%	15.2%	0.0%		70.4%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

Thursday - 03/16/2023

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991382 Chocolate Chip Oatmeal Muffin	serving	100	274	3.82	211	*22	34.91	*0.00	21	47.57
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			452	4.61	342	*51	36.41	*0.00	31	81.15
% of Calories				9.18%		*45.1%	72.5%	*0.0%		71.8%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Friday - 03/17/2023

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991557 Egg, Turkey Breast & Cheese Burrito	1 burrito	100	314	4.54	563	*2	13.90	0.00	193	25.82
992259 V- Egg & Cheese Burrito	1 burrito	1	4	0.06	4	*0	0.17	0.00	2	0.26
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			501	5.38	698	*30	15.53	0.00	205	61.63
% of Calories				9.66%		*24.0%	27.9%	0.0%		49.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Monday - 03/20/2023

Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991380 Cereal Cheerios MULTIGRAIN (k-8) 28gr	28 gr	100	110	0.00	105	6	1.00	0.00	0	23.00
991026 Cereal Cheerios - ss - PreK	19 gr	1	1	0.00	1	0	0.02	0.00	0	0.14
992028 Dannon, Assorted Yogurt (Strawberry,Blueberry, Rap	4oz	100	50	0.00	55	7	0.00	0.00	5	10.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	0.78	0.00	0	53.90
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>471</b>	<b>1.01</b>	<b>293</b>	<b>*55</b>	<b>3.04</b>	<b>0.00</b>	<b>15</b>	<b>100.04</b>
<b>% of Calories</b>				<b>1.93%</b>		<b>*46.7%</b>	<b>5.8%</b>	<b>0.0%</b>		<b>85.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

### Tuesday - 03/21/2023

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991524 Baked French Toast Muffin	serving	100	220	2.42	209	*18	6.02	*0.00	99	32.17
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			397	3.21	340	*46	7.52	*0.00	109	65.74
% of Calories				7.28%		*46.3%	17.0%	*0.0%		66.2%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Wednesday - 03/22/2023

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991005 WG Biscuit and Patty Sausage CR	28 gr	100	160	5.00	290	1	9.00	0.00	30	14.00
992260 V- WG Biscuit and Veggie Patty	28 gr	1	2	0.04	5	0	0.08	0.00	0	0.18
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			346	5.82	426	*28	10.53	0.00	40	49.72
% of Calories				15.14%		*32.4%	27.4%	0.0%		57.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Thursday - 03/23/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991528 Breakfast Pizza w/ Hashbrown Crust	serving	100	210	1.60	274	*3	6.17	*0.00	78	26.93
991778 V- Breakfast Pizza w/ Hashbrown Crust	serving	1	2	0.02	4	*0	0.05	*0.00	1	0.30
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>452</b>	<b>2.47</b>	<b>414</b>	<b>*44</b>	<b>8.29</b>	<b>*0.00</b>	<b>89</b>	<b>75.45</b>
<b>% of Calories</b>				<b>4.92%</b>		<b>*38.9%</b>	<b>16.5%</b>	<b>*0.0%</b>		<b>66.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>		<b>&lt;=0</b>			

### Friday - 03/24/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991349 Lemon Blueberry Pancakes	1 pc (56 gr)	100	240	2.53	554	*10	6.72	*0.00	38	38.44
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	0.00	0.00	0	26.00
991950 Cranberry Apple Juice- PreK HC	4 oz	1	1	0.00	0	0	0.00	0.00	0	0.13
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			460	3.28	684	*47	7.97	*0.00	48	77.57
% of Calories				6.42%		*40.9%	15.6%	*0.0%		67.5%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Monday - 03/27/2023

#### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

### Tuesday - 03/28/2023

#### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

# Base Menu Spreadsheet

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

## Wednesday - 03/29/2023

### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

## Thursday - 03/30/2023

### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540		<=0			

## Friday - 03/31/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

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

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			445	3	452	*45	10.48	*0.00	66	76.09
% of Calories				6.41%		*40.4%	21.2%	*0.0%		68.4%

**\*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

Mar 6, 2023 thru Mar 31, 2023

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/06/2023

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991400 SPAGHETTI AND TURKEYMEAT SAUCE - 3/4	1 CUP	100	424	3.05	130	*9	12.80	*0.00	121	53.72
991724 V/VG - SPAGHETTI AND TURKEYMEAT SAUCE -	1 CUP	1	3	0.01	3	*0	0.03	*0.00	0	0.58
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			620	3.89	266	*40	14.62	*0.00	131	90.78
<b>% of Calories</b>				5.65%		*25.8%	21.2%	*0.0%		58.6%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=0			

### Tuesday - 03/07/2023

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990401 Jamaican Jerk Chicken Bowl - K to 12	serving	100	347	0.61	203	*2	3.79	*0.00	41	56.87

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991888 V/VG- Jamaican Jerk Chicken Bowl	serving	1	4	0.00	3	*0	0.04	*0.00	0	0.59
992264 Cauliflower, Potato & Broccoli 1 (0.5 OT)	1 cup	100	112	0.45	21	*1	5.48	0.00	0	14.24
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0.00	0	12.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK, Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>612</b>	<b>1.81</b>	<b>373</b>	<b>*26</b>	<b>10.55</b>	<b>*0.00</b>	<b>51</b>	<b>96.71</b>
% of Calories				2.66%		*17.0%	15.5%	*0.0%		63.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Wednesday - 03/08/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH										
<b>Weighted Daily Average</b>			<b>0</b>	<b>0.00</b>	<b>0</b>	<b>0</b>	<b>0.00</b>	<b>0.00</b>	<b>0</b>	<b>0.00</b>
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Thursday - 03/09/2023

### Reimbursable Meal Total 100



# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990875 Creamy Chicken Penne Pasta	3/4 cup	100	398	6.91	272	5	14.61	*0.00	79	44.92
992134 Creamy Chicken Meatless Penne Pasta (V)	3/4 cup	1	4	0.06	3	0	0.13	*0.00	0	0.47
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>541</b>	<b>7.74</b>	<b>406</b>	<b>*26</b>	<b>16.12</b>	<b>*0.00</b>	<b>89</b>	<b>68.68</b>
% of Calories				12.88%		*19.2%	26.8%	*0.0%		50.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Friday - 03/10/2023

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990548 Cheese Burger -	serving	100	389	4.79	918	6	18.19	0.00	43	15.15
992265 V/VG Vegan Burger -	serving	1	3	0.00	8	0	0.07	0.00	0	0.16
990400 Black Bean and Corn Salad - 3/4 cup	3/4 cup	100	145	0.02	107	6	0.72	0.00	0	27.42
991258 Mayonnaise SS Pouch (Low Sodium)	0.38 oz	100	70	1.50	70	0	8.00	0.00	5	0.00
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	0.00	0.00	0	3.00
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	0	0	0.00	0	0	0.00	0.00	0	0.00

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>716</b>	<b>7.07</b>	<b>1257</b>	<b>*27</b>	<b>28.23</b>	<b>0.00</b>	<b>58</b>	<b>58.73</b>
% of Calories				8.89%		*15.1%	35.5%	0.0%		32.8%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 03/13/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991351 Turkey, Rice & Beans - 3/4 cup	3/4 cup	100	467	2.21	213	*6	9.75	0.00	87	69.02
992256 V/VG - Turkey, Rice & Beans - 3/4 cup	3/4 cup	1	4	0.01	4	*0	0.03	0.00	0	0.74
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>609</b>	<b>2.99</b>	<b>347</b>	<b>*27</b>	<b>11.16</b>	<b>0.00</b>	<b>97</b>	<b>93.05</b>
% of Calories				4.42%		*17.7%	16.5%	0.0%		61.1%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

**Tuesday - 03/14/2023**

**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)	T-Fat (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	12.64	0.00	51	46.00
992175 Buffalo Chicken Meatless Mac & Cheese - Vegetarian	1 Portion	1	4	0.06	9	0	0.12	0.00	0	0.47
990154 CAULIFLOWER,raw: fresh -3/4 c	3/4 CUP	100	61	0.43	22	1	4.86	0.00	0	3.73
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			577	7.58	968	*23	18.97	0.00	62	73.86
% of Calories				11.82%		*15.9%	29.6%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Wednesday - 03/15/2023**

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991223 Broccoli Rice Casserole	serving	100	445	10.86	351	*2	17.93	*0.00	53	54.26
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50

# Base Menu Spreadsheet

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## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			605	11.61	486	*27	19.18	*0.00	63	81.26
<b>% of Calories</b>				17.27%		*17.9%	28.5%	*0.0%		53.7%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=0			

### Thursday - 03/16/2023

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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991232 Chicken Stroganoff Pasta	serving	100	465	0.92	332	*10	8.18	*0.00	43	74.21
991722 Chicken Stroganoff Pasta (vegetarian)	serving	1	5	0.00	5	*0	0.08	*0.00	0	0.76
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			663	1.74	470	*42	10.06	*0.00	53	111.45
<b>% of Calories</b>				2.36%		*25.3%	13.7%	*0.0%		67.2%
<b>Weekly Nutrient Guideline</b>			600 - 650	<10	1230		<=0			

### Friday - 03/17/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991746 Cheese Lunch Individual Pizza w/ Chicken/BeefPeppe	4.56oz 5 pepper	100	317	4.50	930	5	13.00	0.00	10	24.33
991692 WG Cheese Pizza (V)	4.6 oz	1	3	0.04	6	0	0.11	0.00	0	0.37
991207 CORN: frozen, yellow - 0.625 cup	6/8 CUP	100	118	2.51	33	3	4.55	*0.00	7	19.90
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>643</b>	<b>7.93</b>	<b>1100</b>	<b>*36</b>	<b>19.30</b>	<b>*0.00</b>	<b>28</b>	<b>84.56</b>
% of Calories				11.10%		*22.4%	27.0%	*0.0%		52.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

**Monday - 03/20/2023**

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991229 Tomato N' Cheese Pasta	serving	100	408	5.25	589	*9	13.40	*0.00	26	56.29
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			548	6.01	719	*29	14.75	*0.00	36	79.95
% of Calories				9.87%		*21.2%	24.2%	*0.0%		58.4%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Tuesday - 03/21/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991613 Corn Dog Chicken Mini WG**	6 pc (4.02oz)	100	315	3.64	497	6	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	0.02	0.00	0	0.32
990882 BROCCOLI - POTATO 3/4 (0.5 DG/0.25 Stcy)	3/4	100	82	0.33	21	*1	3.95	0.00	0	10.07
991584 DRESSING, RANCH SS CUP SHELF STABLE 1OZ	1oz	100	130	2.00	180	1	14.00	0.00	10	1.00
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			734	6.85	836	*35	36.59	0.00	68	78.02
% of Calories				8.40%		*19.1%	44.9%	0.0%		42.5%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

## Wednesday - 03/22/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990810 Curried Chicken Wrap	serving	100	310	1.59	321	1	8.97	*0.00	45	35.02
992253 V/VG - Curried Chicken Wrap	serving	1	3	0.01	4	0	0.06	0.00	0	0.34
990604 CREAMY COLESLAW - 3/4 cup	3/4 cup	100	77	0.29	111	7	2.03	*0.00	3	12.79
990545 Orange Juice - Admore Farms - 4oz	4 oz	100	50	0.00	15	10	0.00	0.00	0	12.00
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			540	2.63	581	*31	12.31	*0.00	57	73.15
% of Calories				4.38%		*23.0%	20.5%	*0.0%		54.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Thursday - 03/23/2023

### 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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991921 Spanish Rice & Beans	serving	100	470	0.98	343	*3	8.32	*0.00	43	69.05
991967 Spanish Rice & Beans (Vegetarian)	serving	1	5	0.00	5	*0	0.08	*0.00	0	0.71
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	0.13	0.00	0	10.29

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>614</b>	<b>1.75</b>	<b>478</b>	<b>*24</b>	<b>9.77</b>	<b>*0.00</b>	<b>53</b>	<b>93.04</b>
% of Calories				2.57%		*15.6%	14.3%	*0.0%		60.6%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Friday - 03/24/2023

**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)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991570 BYO Turkey Nachos	SERVING	100	377	7.83	350	7	18.73	0.00	82	34.32
991709 BYO Plant Based Nachos (Vegetarian)	SERVING	1	4	0.08	5	0	0.15	0.00	0	0.39
991695 SOUR CREAM,FAT FREE (SS)	1oz	100	25	0.00	30	2	0.00	0.00	0	4.00
991143 TANGERINES,FRESH - 1/2 cup (120 ct)	2 medium	100	93	0.07	4	19	0.55	0.00	0	23.48
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	1.25	0.00	8	6.50



# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990556 Place Settings	1	100	0	0.00	0	*0	0.00	0.00	0	0.00
Weighted Daily Average			599	8.73	519	*41	20.68	0.00	92	75.18
% of Calories				13.12%		*27.4%	31.1%	0.0%		50.2%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Monday - 03/27/2023

#### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

### Tuesday - 03/28/2023

#### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

# Base Menu Spreadsheet

Weighted Values

Mar 6, 2023 thru Mar 31, 2023

## Wednesday - 03/29/2023

### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Thursday - 03/30/2023

### 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)	T-Fat (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	0.00	0	0.00
% of Calories				0%		0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0			

## Friday - 03/31/2023

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Mar 6, 2023 thru Mar 31, 2023

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

			Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages			616	6	629	*31	17.31	*0.00	67	82.74
% of Calories				8.18%		*20.1%	25.3%	*0.0%		53.7%

**\*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.