



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12/04/2023</p> <p>Cereal Cheerios Multigrain</p> <p>Brown Rice Chicken w/ Corn, G. Peas &amp; Carrot</p> <p>Brown Rice Chicken Meatless Corn, G. Peas &amp; Carrot</p>	<p>12/05/2023</p> <p>Pillsbury French Toast Triple Berry</p> <p>Apple Provolone &amp; Turkey Sandwich</p> <p>Apple Provolone Sandwich</p> <p>Kale Salad w/ Cucumber &amp; Tomatoes</p>	<p>12/06/2023</p> <p>One-Pan Breakfast Potato, Egg Scramble &amp; Roll</p> <p>Chicken Caesar Wrap</p> <p>Chicken Meatless Caesar Wrap</p> <p>Baby Carrots</p>	<p>12/07/2023</p> <p>Apple Caramel Bread Pudding</p> <p>Chili Turkey Hot Dog**</p> <p>Chili Veggie Hot Dog</p> <p>Grilled Cheese Sandwich*</p> <p>Roasted Cauliflower</p>	<p>12/08/2023</p> <p>HALF-DAY FOR STUDENTS</p> <p>NO UNCH TODAY</p>
<p>12/11/2023</p> <p>Yogurt &amp; Granola</p> <p>Crispy Chicken Waffle Sandwich</p> <p>Waffles &amp; Veggie Patty</p> <p>Roasted Sweet Potatoes</p>	<p>12/12/2023</p> <p>Choc Chip Pancakes</p> <p>Enchilada Brown Rice w/Bk. Beans &amp; Gr. Peppers</p> <p>Enchilada Brown Rice w/B.Beans &amp; Red Peppers</p>	<p>12/13/2023</p> <p>Breakfast Quesadilla</p> <p>Turkey Meatballs Sub. w/Cheese</p> <p>Veggie Meatballs WG Submarine</p> <p>Sauteed Green Collards</p>	<p>12/14/2023</p> <p>English Muffin with Chicken Patty</p> <p>English Muffin with Veggie Patty</p> <p>Creamy Baked Chicken Penne Pasta</p> <p>Baked Chicken Meatless Pasta</p> <p>Roasted Cauliflower</p>	<p>12/15/2023</p> <p>Gingerbread Muffin</p> <p>Cheese Pizza</p> <p>Sweet Corn</p>
<p>12/18/2023</p> <p>Cinnamon Toast Crunch Cup</p> <p>Chicken Corn Dog</p> <p>Veggie Hot Dog</p> <p>Roasted Potatoes &amp; Carrots Medley</p>	<p>12/19/2023</p> <p>Roll w/Cheesy Scrambled Eggs</p> <p>One-Pan Turkey Taco w/Mac &amp; Cheese</p> <p>One-Pan Veggie Taco Mac &amp; Cheese</p> <p>Fresh Spinach Salad</p>	<p>12/20/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/21/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/22/2023</p> <p>NO SCHOOL TODAY</p>
<p>12/25/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/26/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/27/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/28/2023</p> <p>NO SCHOOL TODAY</p>	<p>12/29/2023</p> <p>NO SCHOOL TODAY</p>

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

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

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 12/04/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	1.00	0.00	0	23.00
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			294	0.78	236	*33	*0	2.46	0.00	10	58.54
<b>% of Calories</b>				2.39%		*44.9%	*0%	7.5%	0.0%		79.6%
<b>Weekly Nutrient Guideline</b>			400 - 500	<10	540			<=0			

### Tuesday - 12/05/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	7.00	0.00	0	36.00
990708 Fruit Punch, Juice	(2 HC)	100	120	0.00	10	24	0	0.00	0.00	0	28.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			440	1.75	410	*48	*0	8.25	0.00	10	81.00
% of Calories				3.58%		*43.6%	*0%	16.9%	0.0%		73.6%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Wednesday - 12/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991522 One-Pan Breakfast Potatoes	serving	100	302	3.18	527	*4	*N/A*	13.27	*0.00	196	37.69
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			480	3.97	659	*32	*0	14.77	*0.00	206	71.27
% of Calories				7.44%		*26.7%	*0%	27.7%	*0.0%		59.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 12/07/2023

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	7.57	*0.00	65	49.05
991141 TANGERINES,FRESH - 1 cup (120 ct)	3 medium	100	140	0.10	5	28	*N/A*	0.82	0.00	0	35.22
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			527	4.52	362	*72	*0	9.64	*0.00	75	97.27
% of Calories				7.72%		*54.6%	*0%	16.5%	*0.0%		73.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 12/08/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (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	*N/A*	1.00	0.00	0	34.00
990298 CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE	1 oz	100	70	4.00	125	1	*N/A*	6.00	0.00	20	2.00
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

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## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			550	5.01	417	*51	*0	9.03	0.00	30	102.90
% of Calories				8.20%		*37.1%	*0%	14.8%	0.0%		74.8%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Monday - 12/11/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991204 Yogurt Yoplait & Granola	4oz Yg/1oz Gran	100	220	0.50	125	21	*N/A*	3.50	0.00	5	41.00
000437 PEACHES: canned,light syrup	1 CUP	100	160	0.00	20	38	*N/A*	0.00	0.00	0	40.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			480	1.25	275	*72	*0	4.75	0.00	15	94.00
% of Calories				2.34%		*60.0%	*0%	8.9%	0.0%		78.3%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Tuesday - 12/12/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (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	*N/A*	4.22	0.00	7	36.06
991059 Cranberry Apple Juice	2 HC	100	120	0.00	0	24	*N/A*	0.00	0.00	0	26.00
991123 Syrup Maple SS Sugar Free (smuckers)	32 gr	100	10	0.00	80	0	*N/A*	0.00	0.00	0	4.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			416	2.26	610	*46	*0	5.47	0.00	17	79.06
% of Calories				4.89%		*44.2%	*0%	11.8%	0.0%		76.0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Wednesday - 12/13/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992426 Breakfast Quesadilla (V)	quesadilla 8"	100	261	3.52	332	2	*N/A*	10.07	0.00	30	25.01
991006 Banana - 1 cup (2 Bananas)	2 Bananas	100	210	0.26	2	29	*N/A*	0.78	0.00	0	53.90
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			571	4.54	464	*44	*0	12.10	0.00	40	91.91
% of Calories				7.16%		*30.8%	*0%	19.1%	0.0%		64.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 12/14/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (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	*N/A*	7.48	0.00	40	24.37
991173 V-VG WG English Muffin w/ Meatless Patty (V/VG)	serving	1	2	0.00	4	0	*N/A*	0.02	0.00	0	0.33
000090 PEARS,FRESH - 1 cup (Danjou or Bosc 100ct)	1 cup	100	84	0.03	1	14	*N/A*	0.21	0.00	0	22.54
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			389	2.81	579	*28	*0	8.96	0.00	50	60.24
% of Calories				6.50%		*28.8%	*0%	20.7%	0.0%		61.9%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 12/15/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991328 WW Gingerbread Muffin	56 grams	100	278	0.86	69	*25	*N/A*	10.18	*0.00	16	42.58
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>455</b>	<b>1.65</b>	<b>201</b>	<b>*53</b>	<b>*0</b>	<b>11.68</b>	<b>*0.00</b>	<b>26</b>	<b>76.16</b>
<b>% of Calories</b>				<b>3.26%</b>		<b>*46.6%</b>	<b>*0%</b>	<b>23.1%</b>	<b>*0.0%</b>		<b>67.0%</b>
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>&lt;10</b>	<b>540</b>			<b>&lt;=0</b>			

### Monday - 12/18/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	3.00	0.00	0	22.00
000065 Go Gurts	2 oz	100	51	0.00	30	8	*N/A*	0.51	0.00	5	10.12
000307 APPLES,Fresh - Cup (100 - 125 ct)	1 cup	100	77	0.04	1	15	*N/A*	0.25	0.00	0	20.58
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50



# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			348	1.79	322	*45	*0	5.01	0.00	15	65.70
% of Calories				4.63%		*51.7%	*0%	13.0%	0.0%		75.5%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Tuesday - 12/19/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (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	*N/A*	10.31	0.00	241	20.94
991024 ORANGES (2 oranges 113-125 ct) - 1 Cup	cup	100	123	0.04	0	24	*N/A*	0.31	0.00	0	30.78
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			476	4.19	492	*40	*0	11.87	0.00	251	64.73
% of Calories				7.92%		*33.6%	*0%	22.4%	0.0%		54.4%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Wednesday - 12/20/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 12/21/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 12/22/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

Weighted Values

Dec 4, 2023 thru Dec 29, 2023

## Monday - 12/25/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

## Tuesday - 12/26/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

## Wednesday - 12/27/2023

### Reimbursable Meal Total 1

# 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)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Thursday - 12/28/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

### Friday - 12/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			400 - 500	<10	540			<=0			

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	452	3	419	*47	*0	8.67	*0.00	62	78.56
% of Calories		5.73%		*41.6%	*0%	17.3%	*0.0%		69.5%

*\*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

Dec 4, 2023 thru Dec 29, 2023

<b>Menu Name:</b>	Washington Latin PCS - K-8 -Lunch	<b>Include Cost:</b>	No
<b>Site:</b>		<b>Report Style:</b>	Detailed
<b>Use Alternate Menu Name:</b>	No		

### Monday - 12/04/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991044 Fiesta Rice Chicken - 3/4	serving	100	443	0.92	260	*7	*N/A*	8.90	0.00	41	68.36
992180 Fiesta Rice Chicken - Meatless (V/VG)	serving	1	5	0.01	5	*0	*N/A*	0.11	0.00	0	0.70
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>587</b>	<b>1.70</b>	<b>396</b>	<b>*27</b>	<b>*0</b>	<b>10.38</b>	<b>0.00</b>	<b>51</b>	<b>92.35</b>
% of Calories				2.61%		*18.4%	*0%	15.9%	0.0%		62.9%
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>&lt;10</b>	<b>1110</b>			<b>&lt;=0</b>			

### Tuesday - 12/05/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990848 Apple Provolone Turkey Sandwich	serving	100	361	4.08	1091	16	*N/A*	10.68	0.00	37	45.88
992080 Apple Provolone Sandwich (V)	serving	1	3	0.08	7	0	*N/A*	0.17	0.00	0	0.31

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990720 Salad, Kale, Cucumber and Tomatoes	3/4 cup	100	78	1.10	156	2	*N/A*	6.64	0.00	0	4.96
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>605</b>	<b>6.03</b>	<b>1385</b>	<b>*44</b>	<b>*0</b>	<b>18.90</b>	<b>0.00</b>	<b>47</b>	<b>79.55</b>
% of Calories				8.97%		*29.1%	*0%	28.1%	0.0%		52.6%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Wednesday - 12/06/2023

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992043 Wrap - Chicken Caesar - 1/2 DG	1 wrap	100	398	4.53	624	*4	*N/A*	13.05	*0.00	56	42.60
992032 V-Wrap - Chicken Caesar	1 wrap	1	4	0.04	8	*0	*N/A*	0.13	*0.00	0	0.41
990807 CARROT STICKS - / Baby Carrots	0.25	100	25	0.02	42	3	*N/A*	0.15	0.00	0	5.84
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			632	5.47	805	*34	*0	14.97	*0.00	66	88.80
% of Calories				7.79%		*21.5%	*0%	21.3%	*0.0%		56.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Thursday - 12/07/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991038 Chili hot dog, turkey + Bun	serving	100	349	6.05	1080	*8	*N/A*	16.03	*0.00	50	35.51
992242 V/VG- Chili hot dog, turkeyMeatless + Bun	serving	1	3	0.03	9	*0	*N/A*	0.07	*0.00	0	0.39
990075 CAULIFLOWER,raw: fresh - 1/4 cup	1/4 cup	100	69	0.53	8	0	*N/A*	7.07	0.00	0	1.24
000094 PLUMS,FRESH 1/2 Cup - 2mm inch	1 plum	100	30	0.01	0	7	*N/A*	0.18	0.00	0	7.54
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			551	7.37	1227	*28	*0	24.60	*0.00	60	57.68
% of Calories				12.04 %		*20.3%	*0%	40.2%	*0.0%		41.9%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Friday - 12/08/2023

### Reimbursable Meal Total 1



# 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)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
000156 NO LUNCH											
Weighted Daily Average			0	0.00	0	0	0	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Monday - 12/11/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991398 Whole Wheat Waffles and Chicken Patty (Eggo)	2 Waffles	100	450	4.00	900	2	*N/A*	19.00	0.00	30	41.00
991893 V- WW Waffles and Veggie Patty (Eggo)	2 Waffles	1	4	0.02	7	0	*N/A*	0.13	0.00	0	0.46
000242 Roasted Sweet Potato - .75	.75 cup	100	188	0.37	55	10	*N/A*	4.05	0.00	0	37.35
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	0.00	0	3.00
990398 APPLES - Half Cup (100-134 ct)	1/2 cup	100	39	0.02	1	8	*N/A*	0.13	0.00	0	10.29
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			790	5.17	1118	*35	*0	24.55	0.00	40	105.10
% of Calories				5.89%		*17.7%	*0%	28.0%	0.0%		53.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Tuesday - 12/12/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
991415 V- Enchilada Rice (v)	serving	100	463	3.18	420	*3	*N/A*	8.11	*0.00	15	78.49
000310 PEARS,FRESH (150 ct) or Danjou (120 ct) - Half cup	1/2 cup	100	40	0.02	1	7	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			603	3.94	551	*23	*0	9.46	*0.00	25	102.15
% of Calories				5.88%		*15.3%	*0%	14.1%	*0.0%		67.8%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Wednesday - 12/13/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992276 Turkey Meatball Sub - w/Cheese	sub (4Meatballs)	100	310	3.02	714	7	*N/A*	9.51	0.00	53	37.19
992277 V-VG Meatball Sub	sub (4Meatballs)	1	3	0.00	5	0	*N/A*	0.09	0.00	0	0.41
990953 Collards Green	1/2 cup	100	58	0.23	23	0	*N/A*	2.81	0.00	0	7.17
990692 Fruit Punch, Juice	4 fl.oz.	100	60	0.00	5	12	0	0.00	0.00	0	14.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			531	4.00	877	*33	*0	13.66	0.00	63	71.77
% of Calories				6.78%		*24.9%	*0%	23.2%	0.0%		54.1%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Thursday - 12/14/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992422 Baked Chicken Penne Pasta	3/4 cup	100	400	5.38	339	7	*N/A*	12.37	*0.00	67	48.35
992423 V/VG Baked Chicken Penne Pasta	3/4 cup	1	4	0.01	5	0	*N/A*	0.07	*0.00	0	0.56
990075 CAULIFLOWER,raw: fresh - 1/4 cup	1/4 cup	100	69	0.53	8	0	*N/A*	7.07	0.00	0	1.24
991025 ORANGES - Half Cup (1orange)	1 orange	100	62	0.02	0	12	*N/A*	0.16	0.00	0	15.39
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			635	6.69	482	*33	*0	20.92	*0.00	77	78.54
% of Calories				9.48%		*20.8%	*0%	29.7%	*0.0%		49.5%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

## Friday - 12/15/2023

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (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	*N/A*	11.00	0.00	15	37.00
990877 CORN: frozen, yellow - 3/4 cup	3/4CUP	100	100	0.13	1	4	*N/A*	0.83	0.00	0	23.88
991007 Banana - 1/2 cup (1 Banana)	1 Bananas	100	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			605	5.01	712	*45	*0	13.47	0.00	25	100.84
% of Calories				7.45%		*29.8%	*0%	20.0%	0.0%		66.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

## Monday - 12/18/2023

### Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	*N/A*	16.97	0.00	48	26.67
991712 Veggie Hot Dog	serving	1	2	0.00	7	*0	*N/A*	0.02	0.00	0	0.32
991341 Roasted Potatoes & Carrots - .75 (S- 0.5)	3/4 cup	100	136	0.30	28	*2	*N/A*	3.89	0.00	0	23.56
000222 KETCHUP: individual	9 gr	100	10	0.00	25	2	*N/A*	0.00	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	*N/A*	0.10	0.00	0	10.66
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
<b>Weighted Daily Average</b>			<b>603</b>	<b>4.70</b>	<b>687</b>	<b>*29</b>	<b>*0</b>	<b>22.24</b>	<b>0.00</b>	<b>58</b>	<b>77.21</b>
% of Calories				7.01%		*19.2%	*0%	33.2%	0.0%		51.2%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

**Tuesday - 12/19/2023**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
992417 One-Pan Taco Macaroni & Cheese	3/4 cup	100	481	4.47	511	*3	*N/A*	18.25	0.00	121	45.09
992418 V- One-Pan Taco Macaroni & Cheese	3/4 cup	1	5	0.04	8	*0	*N/A*	0.12	0.00	0	0.53
992424 Fresh Spinach Salad 3/4 cup	3/4	100	49	0.49	27	*0	*N/A*	3.43	*0.00	0	4.25

# Base Menu Spreadsheet

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## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
990703 Cranberry Apple Juice	4 oz	100	60	0.00	0	12	*N/A*	0.00	0.00	0	13.00
000231 MILK,Skim	8 fl. oz.	50	45	0.00	65	6	*N/A*	0.00	0.00	2	6.50
000190 Low Fat Milk - 1%	8 fl. oz.	50	55	0.75	65	6	*N/A*	1.25	0.00	8	6.50
990556 Place Settings	1	100	0	0.00	0	*0	*N/A*	0.00	0.00	0	0.00
Weighted Daily Average			695	5.75	676	*28	*0	23.05	*0.00	132	75.87
% of Calories				7.45%		*16.1%	*0%	29.8%	*0.0%		43.7%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Wednesday - 12/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Thursday - 12/21/2023

### Reimbursable Meal Total 1

# 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)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Friday - 12/22/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Monday - 12/25/2023

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

# Base Menu Spreadsheet

Weighted Values

Dec 4, 2023 thru Dec 29, 2023

## Tuesday - 12/26/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

## Wednesday - 12/27/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

## Thursday - 12/28/2023

### Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

Dec 4, 2023 thru Dec 29, 2023

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

### Friday - 12/29/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added 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	0.00	0.00	0	0.00
% of Calories				0%		0%	0%	0%	0%		0%
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0			

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)
Weighted Averages	622	5	811	*33	*0	17.84	*0.00	59	84.53
% of Calories		7.35%		*21.2%	*0%	25.8%	*0.0%		54.4%

\*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.