

Base Menu Spreadsheet

Weighted Values

Aug 1, 2021 thru Aug 31, 2021

Menu Name: Elementary Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Thursday - 08/26/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000313 Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000398 Ham	3 Slices	1	66	1.13	765	*N/A*	2.25	0.00	28	0.00	0.00	11.25	0	0.0	0.00	0.40	\$0.000
000386 American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$0.000
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average			857	12.13	2042	*1	48.21	*0.00	73	75.61	*7.36	32.01	*530	*453.4	*9.51	*3.37	\$0.000
% of Calories				12.74%		*0.5%	50.6%	*0.0%		35.3%		14.9%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 08/27/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Aug 1, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$0.000
000034	LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000
000810	Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000082	Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304	Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837	1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000841	Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
Weighted Daily Average				850	11.51	1637	*1	47.46	*0.00	70	76.61	*7.36	30.76	*530	*453.4	*9.51	*3.33	\$0.000
% of Calories					12.19%		*0.5%	50.3%	*0.0%		36.1%		14.5%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

Monday - 08/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
000839	Italian Sub on Wheat Roll	1 Sandwich	1	415	8.75	2000	*N/A*	19.75	0.00	82	33.50	1.00	30.00	300	160.0	0.00	1.08	\$0.000
000082	Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000034	LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
Weighted Daily Average			775	11.76	2247	*1	34.71	*0.00	98	78.11	*6.36	42.76	*530	*473.4	*9.51	*1.89	\$0.000
% of Calories				13.66%		*0.5%	40.3%	*0.0%		40.3%		22.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Tuesday - 08/31/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000814 Wheat Bagel	1 Bagel	1	271	*N/A*	0	*N/A*	1.30	*N/A*	*N/A*	58.00	*N/A*	10.50	0	0.0	0.00	0.00	\$0.000
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00	\$0.000
000305 Turkey Roll-Up	2 Slices	1	30	0.25	180	*N/A*	0.75	0.00	12	0.50	0.00	5.00	0	0.0	0.00	0.18	\$0.000
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

