

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: Elementary Lunch

Include Cost: Yes

Site:

Report Style: Detailed

Wednesday - 09/01/2021

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 |
|-----------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000557 Chicken Caesar Salad - HMS | 1 Serving | 1 | 143 | 1.87 | 369 | *0 | 4.37 | *0.00 | 54 | 1.77 | 0.80 | 23.69 | 1843 | 94.6 | 16.80 | 3.61 | \$0.000 |
| 000771 Caesar Dressing | 2 TBS | 1 | 160 | 3.00 | 400 | *N/A* | 17.00 | 0.00 | 400 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 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 |
| 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 |
| 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 |
| 000585 Tortilla 8" | 1 Tortilla | 1 | 130 | 1.50 | 320 | *N/A* | 3.00 | 0.00 | 0 | 22.00 | 1.00 | 4.00 | 0 | 100.0 | 0.00 | 1.08 | \$0.000 |
| Weighted Daily Average | | | 788 | 9.37 | 1334 | *0 | 39.27 | *0.00 | 469 | 68.27 | *6.80 | 40.19 | *1843 | *504.6 | *22.80 | *5.41 | \$0.000 |
| % of Calories | | | | 10.70% | | *0% | 44.9% | *0.0% | | 34.7% | | 20.4% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Thursday - 09/02/2021

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 |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000462 Italian Beef Sandwich | 1 Sandwich | 1 | 250 | 2.50 | 570 | *N/A* | 7.00 | *0.00 | 35 | 31.00 | 1.00 | 18.00 | 0 | 60.0 | 0.00 | 1.44 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000230 MILK,1% Lowfat | HALF PINT | 1 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 | \$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 |
| Weighted Daily Average | | | 607 | 5.54 | 802 | *13 | 21.77 | *0.00 | 47 | 75.68 | 6.00 | 30.72 | *478 | *385.0 | *6.00 | *2.23 | \$0.000 |
| % of Calories | | | | 8.21% | | *8.6% | 32.3% | *0.0% | | 49.9% | | 20.2% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Friday - 09/03/2021

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 |
| 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 |

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 | | | | | | | | | | |

Wednesday - 09/08/2021

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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000585 Tortilla 8" | 1 Tortilla | 1 | 130 | 1.50 | 320 | *N/A* | 3.00 | 0.00 | 0 | 22.00 | 1.00 | 4.00 | 0 | 100.0 | 0.00 | 1.08 | \$0.000 |
| 000082 Veggies | 2-4 oz portion | 2 | 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 |
| 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 |
| 990071 Hummus | 1 | 1 | 149 | 1.49 | 239 | 0 | 10.94 | 0.00 | 0 | 8.95 | 2.98 | 3.98 | *N/A* | 19.9 | *N/A* | 1.00 | \$0.000 |
| Weighted Daily Average | | | 654 | 5.99 | 804 | *0 | 29.04 | *0.00 | 15 | 78.45 | *10.48 | 21.48 | *0 | *429.9 | *6.00 | *2.80 | \$0.000 |
| % of Calories | | | | 8.24% | | *0% | 40.0% | *0.0% | | 48.0% | | 13.1% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Thursday - 09/09/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000710 Tuna Salad Sandwich | 1 Serving | 1 | 402 | 2.19 | 679 | *1 | 17.49 | *0.00 | 58 | 30.47 | 1.88 | 30.80 | *1415 | 123.0 | 3.16 | 4.80 | \$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 |
| 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 |
| Weighted Daily Average | | | 757 | 5.19 | 924 | *1 | 32.39 | *0.00 | 73 | 73.97 | *6.88 | 43.30 | *1415 | *433.0 | *9.16 | *5.52 | \$0.000 |
| % of Calories | | | | 6.17% | | *0.5% | 38.5% | *0.0% | | 39.1% | | 22.9% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Friday - 09/10/2021

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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 | | | 531 | *4.75 | 380 | *N/A* | 9.95 | *0.00 | *42 | 90.00 | *3.00 | 26.00 | *0 | *290.0 | *0.00 | *0.18 | \$0.000 |
| % of Calories | | | | *8.05% | | *N/A* | 16.9% | *0.0% | | 67.8% | | 19.6% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Monday - 09/13/2021

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 |
|----------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000366 BLT Sandwich on Wheat Bun | Sandwich | 1 | 228 | 2.48 | 526 | *1 | 9.62 | 0.00 | 15 | 27.93 | 2.30 | 10.74 | 192 | 52.9 | 2.88 | 2.49 | \$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 |
| 000812 Ken's Ranch Dressing | 2 tbsp | 1 | 130 | 2.00 | 200 | *N/A* | 13.00 | 0.00 | 10 | 3.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$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 |
| 000678 Milk | 1 Carton | 1 | 100 | 1.50 | 120 | *N/A* | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 713 | 7.48 | 970 | *1 | 37.52 | 0.00 | 40 | 74.43 | 7.30 | 24.24 | *692 | *372.9 | *10.08 | *3.21 | \$0.000 |
| % of Calories | | | | 9.44% | | *0.6% | 47.4% | 0.0% | | 41.8% | | 13.6% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Tuesday - 09/14/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000599 Old Fashion Chicken Salad/WJHS | 1 Serving | 1 | 215 | 2.27 | 405 | *7 | 13.69 | *0.00 | 37 | 14.25 | 0.68 | 10.66 | 96 | 20.1 | 3.50 | 0.35 | \$0.000 |
| 000538 Romaine Lettuce | 2 Cup | 1 | 12 | 0.00 | 4 | *N/A* | 0.00 | 0.00 | 0 | 1.60 | 0.80 | 0.80 | 1800 | 32.0 | 16.80 | 0.86 | \$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 |
| 000678 Milk | 1 Carton | 1 | 100 | 1.50 | 120 | *N/A* | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$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 |
| Weighted Daily Average | | | 562 | 5.27 | 654 | *7 | 28.39 | *0.00 | 52 | 55.35 | 4.98 | 22.96 | *2396 | *372.1 | *27.50 | *1.94 | \$0.000 |
| % of Calories | | | | 8.44% | | *5.0% | 45.5% | *0.0% | | 39.4% | | 16.3% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Wednesday - 09/15/2021

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 |
|-----------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000557 Chicken Caesar Salad - HMS | 1 Serving | 1 | 143 | 1.87 | 369 | *0 | 4.37 | *0.00 | 54 | 1.77 | 0.80 | 23.69 | 1843 | 94.6 | 16.80 | 3.61 | \$0.000 |
| 000771 Caesar Dressing | 2 TBS | 1 | 160 | 3.00 | 400 | *N/A* | 17.00 | 0.00 | 400 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 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 |
| 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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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) | Calcm (mg) | Vit-C (mg) | Iron (mg) | Cost |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------|------------|-----------|---------|
| 000585 Tortilla 8" | 1 Tortilla | 1 | 130 | 1.50 | 320 | *N/A* | 3.00 | 0.00 | 0 | 22.00 | 1.00 | 4.00 | 0 | 100.0 | 0.00 | 1.08 | \$0.000 |
| Weighted Daily Average | | | 788 | 9.37 | 1334 | *0 | 39.27 | *0.00 | 469 | 68.27 | *6.80 | 40.19 | *1843 | *504.6 | *22.80 | *5.41 | \$0.000 |
| % of Calories | | | | 10.70% | | *0% | 44.9% | *0.0% | | 34.7% | | 20.4% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Friday - 09/17/2021

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) | Calcm (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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 - 09/20/2021

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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000710 Tuna Salad Sandwich | 1 Serving | 1 | 402 | 2.19 | 679 | *1 | 17.49 | *0.00 | 58 | 30.47 | 1.88 | 30.80 | *1415 | 123.0 | 3.16 | 4.80 | \$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 |
| 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 |
| Weighted Daily Average | | | 757 | 5.19 | 924 | *1 | 32.39 | *0.00 | 73 | 73.97 | *6.88 | 43.30 | *1415 | *433.0 | *9.16 | *5.52 | \$0.000 |
| % of Calories | | | | 6.17% | | *0.5% | 38.5% | *0.0% | | 39.1% | | 22.9% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Tuesday - 09/21/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Wilmette Public Schools District 39

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000066 Chicken Pasta Caesar Salad | 8 oz | 1 | 268 | 2.47 | 589 | *1 | 7.98 | *0.00 | 41 | 24.68 | 1.44 | 23.37 | 1268 | 147.1 | 13.02 | 3.89 | \$0.000 |
| 000105 CHICKEN NOODLE SOUP: scratch | CUP | 1 | 87 | 0.45 | 1375 | *1 | 1.88 | *0.01 | 24 | 10.69 | 0.70 | 6.78 | 77 | 14.6 | 1.17 | 0.69 | \$0.000 |
| 000771 Caesar Dressing | 2 TBS | 1 | 160 | 3.00 | 400 | *N/A* | 17.00 | 0.00 | 400 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 000391 or | 1 or | 1 | 0 | 0.00 | 0 | *N/A* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 000812 Ken's Ranch Dressing | 2 tbsp | 1 | 130 | 2.00 | 200 | *N/A* | 13.00 | 0.00 | 10 | 3.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$0.000 |
| 000314 Whole Wheat Roll | 1 Roll | 1 | 80 | 0.00 | 160 | *N/A* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 5.00 | 0 | 40.0 | 0.00 | 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 |
| 000678 Milk | 1 Carton | 1 | 100 | 1.50 | 120 | *N/A* | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 850 | 9.42 | 2844 | *2 | 43.56 | *0.01 | 489 | 69.87 | 5.63 | 44.65 | *1845 | *501.8 | *15.39 | *5.30 | \$0.000 |
| % of Calories | | | | 9.97% | | *0.9% | 46.1% | *0.0% | | 32.9% | | 21.0% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Wednesday - 09/22/2021

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 |
|------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000585 Tortilla 8" | 1 Tortilla | 1 | 130 | 1.50 | 320 | *N/A* | 3.00 | 0.00 | 0 | 22.00 | 1.00 | 4.00 | 0 | 100.0 | 0.00 | 1.08 | \$0.000 |
| 000082 Veggies | 2-4 oz portion | 2 | 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 |
| 990071 Hummus | 1 | 1 | 149 | 1.49 | 239 | 0 | 10.94 | 0.00 | 0 | 8.95 | 2.98 | 3.98 | *N/A* | 19.9 | *N/A* | 1.00 | \$0.000 |
| Weighted Daily Average | | | 654 | 5.99 | 804 | *0 | 29.04 | *0.00 | 15 | 78.45 | *10.48 | 21.48 | *0 | *429.9 | *6.00 | *2.80 | \$0.000 |
| % of Calories | | | | 8.24% | | *0% | 40.0% | *0.0% | | 48.0% | | 13.1% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Thursday - 09/23/2021

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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000462 Italian Beef Sandwich | 1 Sandwich | 1 | 250 | 2.50 | 570 | *N/A* | 7.00 | *0.00 | 35 | 31.00 | 1.00 | 18.00 | 0 | 60.0 | 0.00 | 1.44 | \$0.000 |
| 000230 MILK,1% Lowfat | HALF PINT | 1 | 102 | 1.54 | 107 | 13 | 2.37 | *N/A* | 12 | 12.18 | 0.00 | 8.22 | 478 | 305.0 | 0.00 | 0.07 | \$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 |
| Weighted Daily Average | | | 607 | 5.54 | 802 | *13 | 21.77 | *0.00 | 47 | 75.68 | 6.00 | 30.72 | *478 | *385.0 | *6.00 | *2.23 | \$0.000 |
| % of Calories | | | | 8.21% | | *8.6% | 32.3% | *0.0% | | 49.9% | | 20.2% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Friday - 09/24/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 | |
|---------------------------|------------------|----------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|-------|---------|
| 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 |
| 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 | | | | 531 | *4.75 | 380 | *N/A* | 9.95 | *0.00 | *42 | 90.00 | *3.00 | 26.00 | *0 | *290.0 | *0.00 | *0.18 | \$0.000 |
| % of Calories | | | | | *8.05% | | *N/A* | 16.9% | *0.0% | | 67.8% | | 19.6% | | | | | |
| Weekly Nutrient Guideline | | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Monday - 09/27/2021

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 |
| 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 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|----------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 |
| 000366 BLT Sandwich on Wheat Bun | Sandwich | 1 | 228 | 2.48 | 526 | *1 | 9.62 | 0.00 | 15 | 27.93 | 2.30 | 10.74 | 192 | 52.9 | 2.88 | 2.49 | \$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 |
| 000812 Ken's Ranch Dressing | 2 tbsp | 1 | 130 | 2.00 | 200 | *N/A* | 13.00 | 0.00 | 10 | 3.00 | 0.00 | 1.00 | 0 | 0.0 | 0.00 | 0.00 | \$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 |
| 000678 Milk | 1 Carton | 1 | 100 | 1.50 | 120 | *N/A* | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |
| Weighted Daily Average | | | 1488 | 19.23 | 3217 | *1 | 72.22 | *0.00 | 138 | 152.53 | *13.66 | 67.00 | *1222 | *846.3 | *19.59 | *5.10 | \$0.000 |
| % of Calories | | | | 11.63% | | *0.3% | 43.7% | *0.0% | | 41.0% | | 18.0% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Tuesday - 09/28/2021

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 |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000599 Old Fashion Chicken Salad/WJHS | 1 Serving | 1 | 215 | 2.27 | 405 | *7 | 13.69 | *0.00 | 37 | 14.25 | 0.68 | 10.66 | 96 | 20.1 | 3.50 | 0.35 | \$0.000 |
| 000538 Romaine Lettuce | 2 Cup | 1 | 12 | 0.00 | 4 | *N/A* | 0.00 | 0.00 | 0 | 1.60 | 0.80 | 0.80 | 1800 | 32.0 | 16.80 | 0.86 | \$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 |
| 000678 Milk | 1 Carton | 1 | 100 | 1.50 | 120 | *N/A* | 2.50 | 0.00 | 15 | 11.00 | 0.00 | 8.00 | 500 | 300.0 | 1.20 | 0.00 | \$0.000 |

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 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 |
| Weighted Daily Average | | | 562 | 5.27 | 654 | *7 | 28.39 | *0.00 | 52 | 55.35 | 4.98 | 22.96 | *2396 | *372.1 | *27.50 | *1.94 | \$0.000 |
| % of Calories | | | | 8.44% | | *5.0% | 45.5% | *0.0% | | 39.4% | | 16.3% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Wednesday - 09/29/2021

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 |
|-----------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000557 Chicken Caesar Salad - HMS | 1 Serving | 1 | 143 | 1.87 | 369 | *0 | 4.37 | *0.00 | 54 | 1.77 | 0.80 | 23.69 | 1843 | 94.6 | 16.80 | 3.61 | \$0.000 |
| 000771 Caesar Dressing | 2 TBS | 1 | 160 | 3.00 | 400 | *N/A* | 17.00 | 0.00 | 400 | 1.00 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 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 |
| 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 |
| 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 |
| 000585 Tortilla 8" | 1 Tortilla | 1 | 130 | 1.50 | 320 | *N/A* | 3.00 | 0.00 | 0 | 22.00 | 1.00 | 4.00 | 0 | 100.0 | 0.00 | 1.08 | \$0.000 |
| Weighted Daily Average | | | 788 | 9.37 | 1334 | *0 | 39.27 | *0.00 | 469 | 68.27 | *6.80 | 40.19 | *1843 | *504.6 | *22.80 | *5.41 | \$0.000 |
| % of Calories | | | | 10.70% | | *0% | 44.9% | *0.0% | | 34.7% | | 20.4% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

Thursday - 09/30/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 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 |
|-------------------------------|----------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|---------|
| 000710 Tuna Salad Sandwich | 1 Serving | 1 | 402 | 2.19 | 679 | *1 | 17.49 | *0.00 | 58 | 30.47 | 1.88 | 30.80 | *1415 | 123.0 | 3.16 | 4.80 | \$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 |
| 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 |
| Weighted Daily Average | | | 757 | 5.19 | 924 | *1 | 32.39 | *0.00 | 73 | 73.97 | *6.88 | 43.30 | *1415 | *433.0 | *9.16 | *5.52 | \$0.000 |
| % of Calories | | | | 6.17% | | *0.5% | 38.5% | *0.0% | | 39.1% | | 22.9% | | | | | |
| Weekly Nutrient Guideline | | | 550 - 650 | <10 | 1230 | | <=0 | | | | | | | | | | |

| | Cals ¹ (kcal) | S-Fat ¹ (g) | Sodm ¹ (mg) | Sugars (g) | T-Fat (g) | Tr-Fat ² (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) | Vit-A (IU) | Calc ^m (mg) | Vit-C (mg) | Iron (mg) | Cost |
|-------------------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|------------|------------------------|------------|-----------|------|
| Weighted Averages | 742 | *7.68 | 1177 | *3 | 33.76 | *0.00 | *144 | 77.67 | *6.91 | 34.22 | *1071 | *441.8 | *12.58 | *3.55 | |
| % of Calories | | *9.32% | | *1.6% | 40.9% | *0.0% | | 41.9% | | 18.4% | | | | | |

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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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