

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

Menu Name:	Nutrient Info Supper	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Tuesday - 10/14/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990497 2-Chicken, Spicy Sandwich-only	1 each	1	430	3.00	600	5.00	0.00	17.00	0.00	25	48.00	6.00	22.00	*N/A*	240.0	0.00	4.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000384 2-Oranges, Fresh Whole(138ct.)	1/2 cup	1	45	0.00	0	8.98	0.00	0.90	0.00	0	11.28	2.27	0.90	*N/A*	38.1	51.08	0.10
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1549	14.05	1835	74.69	0.00	69.75	0.00	50	172.31	18.44	66.50	0	1079.7	52.28	7.77
% of Calories				8.16%		19.29%	0.00%	40.5%	0.0%		44.5%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/15/2025Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1415	13.55	2404	60.82	0.00	58.38	0.00	75	161.01	15.70	69.84	*0	995.9	31.31	4.88
% of Calories				8.62%		17.19%	0.00%	37.1%	0.0%		45.5%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/16/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990496 2-Cheeseburger on a bun (Steak Burger Patty)-only	1 each	1	372	7.00	689	4.00	0.00	18.20	0.00	66	31.00	3.00	24.80	*N/A*	278.6	0.00	3.60
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1496	16.55	1929	77.68	0.00	62.12	0.00	92	167.31	19.39	74.14	*0	1092.3	5.81	7.22
% of Calories				9.96%		20.77%	0.00%	37.4%	0.0%		44.7%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/17/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000813 2-Raisins,Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1359	12.55	1743	67.72	0.00	53.85	0.00	60	170.21	13.92	53.47	*0	919.1	1.20	5.62
% of Calories				8.31%		19.93%	0.00%	35.7%	0.0%		50.1%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 10/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002993 2-Pizza, I/W Pepperoni Wedge-Piazza	Each	1	400	7.00	610	6.00	0.00	17.00	0.00	40	36.00	1.00	19.00	*N/A*	353.0	9.00	2.00
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1479	15.55	1601	70.88	0.00	54.67	0.00	60	173.51	11.87	63.97	0	1196.5	11.40	5.17
% of Calories				9.46%		19.17%	0.00%	33.3%	0.0%		46.9%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 10/21/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990497 2-Chicken, Spicy Sandwich-only	1 each	1	430	3.00	600	5.00	0.00	17.00	0.00	25	48.00	6.00	22.00	*N/A*	240.0	0.00	4.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000384 2-Oranges, Fresh Whole(138ct.)	1/2 cup	1	45	0.00	0	8.98	0.00	0.90	0.00	0	11.28	2.27	0.90	*N/A*	38.1	51.08	0.10
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1549	14.05	1835	74.69	0.00	69.75	0.00	50	172.31	18.44	66.50	0	1079.7	52.28	7.77
% of Calories				8.16%		19.29%	0.00%	40.5%	0.0%		44.5%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/22/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1415	13.55	2404	60.82	0.00	58.38	0.00	75	161.01	15.70	69.84	*0	995.9	31.31	4.88
% of Calories				8.62%		17.19%	0.00%	37.1%	0.0%		45.5%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/23/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990496 2-Cheeseburger on a bun (Steak Burger Patty)-only	1 each	1	372	7.00	689	4.00	0.00	18.20	0.00	66	31.00	3.00	24.80	*N/A*	278.6	0.00	3.60
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36

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Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1496	16.55	1929	77.68	0.00	62.12	0.00	92	167.31	19.39	74.14	*0	1092.3	5.81	7.22
% of Calories				9.96%		20.77%	0.00%	37.4%	0.0%		44.7%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/24/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1359	12.55	1743	67.72	0.00	53.85	0.00	60	170.21	13.92	53.47	*0	919.1	1.20	5.62
% of Calories				8.31%		19.93%	0.00%	35.7%	0.0%		50.1%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Monday - 10/27/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002993 2-Pizza, I/W Pepperoni Wedge-Piazza	Each	1	400	7.00	610	6.00	0.00	17.00	0.00	40	36.00	1.00	19.00	*N/A*	353.0	9.00	2.00
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
Weighted Daily Average			1479	15.55	1601	70.88	0.00	54.67	0.00	60	173.51	11.87	63.97	0	1196.5	11.40	5.17
% of Calories				9.46%		19.17%	0.00%	33.3%	0.0%		46.9%		17.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Tuesday - 10/28/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990497 2-Chicken, Spicy Sandwich-only	1 each	1	430	3.00	600	5.00	0.00	17.00	0.00	25	48.00	6.00	22.00	*N/A*	240.0	0.00	4.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000384 2-Oranges, Fresh Whole(138ct.)	1/2 cup	1	45	0.00	0	8.98	0.00	0.90	0.00	0	11.28	2.27	0.90	*N/A*	38.1	51.08	0.10
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1549	14.05	1835	74.69	0.00	69.75	0.00	50	172.31	18.44	66.50	0	1079.7	52.28	7.77
% of Calories				8.16%		19.29%	0.00%	40.5%	0.0%		44.5%		17.2%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Wednesday - 10/29/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002174 2-Turkey & Cheese Sandwich	1 each	1	303	2.50	1281	4.08	0.00	6.52	0.00	50	36.84	4.13	25.82	*N/A*	167.7	0.92	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1415	13.55	2404	60.82	0.00	58.38	0.00	75	161.01	15.70	69.84	*0	995.9	31.31	4.88
% of Calories				8.62%		17.19%	0.00%	37.1%	0.0%		45.5%		19.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/30/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990496 2-Cheeseburger on a bun (Steak Burger Patty)-only	1 each	1	372	7.00	689	4.00	0.00	18.20	0.00	66	31.00	3.00	24.80	*N/A*	278.6	0.00	3.60
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
000275 2-Peas	1/2 cup	1	91	0.00	112	5.96	0.00	0.00	0.00	0	16.38	5.96	5.96	*N/A*	6.1	0.00	0.33
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

East Side Union High School District

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1496	16.55	1929	77.68	0.00	62.12	0.00	92	167.31	19.39	74.14	*0	1092.3	5.81	7.22
% of Calories				9.96%		20.77%	0.00%	37.4%	0.0%		44.7%		19.8%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/31/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002524 2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*N/A*	101.6	0.00	2.81
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804 2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Oct 14, 2025 thru Oct 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			1359	12.55	1743	67.72	0.00	53.85	0.00	60	170.21	13.92	53.47	*0	919.1	1.20	5.62
% of Calories				8.31%		19.93%	0.00%	35.7%	0.0%		50.1%		15.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		1458	14	1924	70	0	60.12	0.00	68	168.54	16.15	65.70	*0	1047	21.04	6.20
% of Calories			8.87%		19.29%	0.00%	37.1%	0.0%		46.2%		18.0%				

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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.