

Base Menu Spreadsheet

* MS lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/01/2023																
* MS lunch	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	60	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, Rib BBQ (SEC)	1 EACH	30	360	42	682	6.11	2.96	78.8	304	6.09	*5	17.33	48.3	13.29	3.74	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	1 ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Cookie, Choc Chip, 1.3 Oz IW	1 Each	80	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			709	42	1031	9.68	*4.37	*714.0	*2872	*52.52	*48	34.16	110.46	17.14	5.77	*0.00
% of Calories											*26.8%	19.3%	62.4%	21.8%	7.3%	*0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Fri - 06/02/2023																
* MS lunch	Total	100														
*Cheeseburger, Bacon Ranch	Cheeseburger	40	501	83	1467	3.50	3.40	165.3	554	13.32	*9	30.83	42.36	23.58	7.28	*0.00
*Hot Dog, Secondary	1 Each	50	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	30	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	30	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Condiment Variety@\$\$%^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	90	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Weighted Daily Average			728	60	1437	6.50	*3.50	*504.9	*2677	*32.87	*35	35.46	93.79	24.46	6.37	*0.00
% of Calories											*19.0%	19.5%	51.5%	30.2%	7.9%	*0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

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

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* MS lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/05/2023																
* MS lunch	Total	100														
Nachos w/meat&Chips(SEC)	40 servings	40	459	24	614	6.92	1.36	63.4	50	0.6	2	14.3	51.4	19.6	2.50	0.54
*Pizza, Domino's Ch & Pepp	1 Each	60	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	75	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average			642	37	944	8.09	*3.01	*693.6	*2826	*33.99	*32	32.83	89.98	16.89	4.44	*0.21
% of Calories											*20.1%	20.5%	56.1%	23.7%	6.2%	*0.3%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Tue - 06/06/2023																
* MS lunch	Total	100														
*DoubleDouble Burger	1 Each	50	452	97	824	3.89	1.48	241.0	359	8.98	*6	31.9	35.69	20.5	7.98	0.00
*Hot Dog, Secondary	1 Each	40	273	20	714	2.04	2.19	40.8	100	6.12	4	12.1	28.55	13.04	4.00	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			625	73	1022	6.61	*2.56	*526.3	*2537	*54.03	*38	35.26	79.90	19.70	6.79	*0.00
% of Calories											*24.4%	22.6%	51.1%	28.4%	9.8%	*0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Wed - 06/07/2023																
* MS lunch	Total	100														
*Chimichanga, Beef & Cheese	1 Each	50	380	42	472	6.00	3.20	253.0	700	5.0	2	24.0	43.0	12.5	4.00	0.00
Sandwich, Turkey	Sandwich	40	275	56	832	1.81	1.86	67.7	82	0.4	*3	24.66	32.93	5.67	2.05	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Chip, Variety	1 Each	90	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00

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Base Menu Spreadsheet

* MS lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			711	60	1037	9.21	*3.49	*550.2	*2736	*50.18	*37 *21.1%	38.16 21.5%	105.03 59.1%	16.67 21.1%	4.21 5.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Thu - 06/08/2023																
* MS lunch	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	70	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, Spicy Chic (SEC)	Sandwich	20	427	25	641	5.64	3.50	87.9	460	13.37	*5	21.35	46.49	17.07	3.05	*0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	1 ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Chip, Variety	1 Each	75	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			707	36	1059	9.14	*3.76	*745.5	*2978	*54.32	*39 *22.2%	35.31 20.0%	104.80 59.3%	17.48 22.3%	4.60 5.9%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Fri - 06/09/2023																
* MS lunch	Total	100														
*Chicken, Spicy Popcorn	1 Each	60	280	40	820	2.00	1.80	0.0	0	0.0	1	15.0	15.0	17.0	3.00	0.00
*Sandwich, Grilled Cheese Sec.	Sandwich	30	390	45	1010	4.00	2.16	680.0	900	0.0	*9	27.0	42.0	14.0	7.50	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
Chip, Variety	1 Each	75	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			686	55	1274	7.61	*2.89	*599.4	*2631	*47.45	*39 *22.6%	33.09 19.3%	89.81 52.4%	22.52 29.6%	5.41 7.1%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/12/2023																
* MS lunch	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	60	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Chicken, Nuggets (SEC)	Serving (7 Ea)	40	286	52	505	0.00	1.71	19.0	95	0.0	0	14.29	16.19	19.05	4.29	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
Chip, Variety	1 Each	50	135	0	160	1.81	0.23	8.0	40	0.48	2	2.03	21.91	4.36	0.21	0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			670	50	1028	7.16	*3.42	*686.0	*2839	*50.93	*37	34.09	92.60	19.75	5.27	*0.00
% of Calories											*22.3%	20.3%	55.3%	26.5%	7.1%	*0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Tue - 06/13/2023																
* MS lunch	Total	100														
Sandwich, Meatball (SEC)	1 each	40	514	60	654	5.33	*3.45	*261.4	*346	*6.14	4	22.63	39.61	29.65	13.06	0.00
*Sandwich, Grilled Cheese Sec.	Sandwich	50	390	45	1010	4.00	2.16	680.0	900	0.0	*9	27.0	42.0	14.0	7.50	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average			700	64	1126	7.98	*3.46	*834.0	*2920	*49.55	*40	37.02	88.62	23.71	10.17	*0.00
% of Calories											*22.9%	21.1%	50.6%	30.5%	13.1%	*0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Wed - 06/14/2023																
* MS lunch	Total	100														
*DoubleDouble Burger	1 Each	50	452	97	824	3.89	1.48	241.0	359	8.98	*6	31.9	35.69	20.5	7.98	0.00
Sandwich, PBJ (premade)	Servings	40	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$\$^+	serving	20	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			636	65	848	7.39	*2.26	*613.9	*2497	*51.58	*42 *26.5%	34.02 21.4%	81.28 51.1%	21.28 30.1%	6.39 9.0%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Thu - 06/15/2023																
* MS lunch	Total	100														
*Pizza, Domino's Ch & Pepp	1 Each	60	315	20	645	4.00	2.70	474.9	750	6.0	4	21.5	38.99	8.5	3.75	0.00
Sandwich, Rib BBQ (SEC)	1 EACH	30	360	42	682	6.11	2.96	78.8	304	6.09	*5	17.33	48.3	13.29	3.74	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
*Fruit, Fresh (1 c serv)	1 ea	75	69	0	1	3.12	0.29	26.7	137	48.57	12	1.01	17.62	0.29	0.05	*0.00
Cookie, Choc Chip, 1.3 Oz IW	1 Each	80	140	0	100	2.00	1.08	20.0	0	0.0	12	2.0	26.0	4.0	1.50	0.00
Milk, 1%	8 oz	25	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	75	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	75	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			709	42	1031	9.68	*4.37	*714.0	*2872	*52.52	*48 *26.8%	34.16 19.3%	110.46 62.4%	17.14 21.8%	5.77 7.3%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Fri - 06/16/2023																
* MS lunch	Total	100														
*Cheeseburger, Bacon Ranch	Cheeseburger	70	501	83	1467	3.50	3.40	165.3	554	13.32	*9	30.83	42.36	23.58	7.28	*0.00
Sandwich, PBJ (premade)	Servings	20	300	0	280	4.00	1.44	260.0	0	0.0	14	9.0	32.0	17.0	3.00	0.00
GRAB N GO LUNCH	1 EACH	10	1141	94	1608	15.11	*7.11	*569.2	*17101	*87.14	*61	52.08	170.14	31.64	7.91	*0.00
Fruit, Fresh (.5 c serv)	.5 Cups	50	47	0	1	1.88	0.18	18.5	194	25.98	*6	0.68	12.02	0.21	0.04	*0.00
Milk, 1%	8 oz	30	120	10	150	0.00	0.00	350.0	500	2.4	14	10.0	14.0	2.5	1.50	0.00
Milk, Chocolate Non Fat	8 oz	50	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
Milk, Non Fat	8 oz	30	90	2	120	0.00	0.00	300.0	500	2.4	12	9.0	12.0	0.0	0.00	0.00
Condiment Variety@\$%^+	serving	50	18	2	64	0.00	0.09	0.0	25	0.0	1	0.0	2.06	1.13	0.00	0.00
Weighted Daily Average % of Calories			681	74	1432	5.70	*3.51	*578.9	*2758	*33.37	*37 *21.5%	38.63 22.7%	78.90 46.4%	24.49 32.4%	6.96 9.2%	*0.00 *0.0%
Nutrient Guideline			600-700		1360									<=35.0	<10.00	

Weighted Average			684	55	1106	7.89	*3.38	*646.7	*2762	*46.94	*39 *51.8%	35.18 20.6%	93.80 54.9%	20.10 26.5%	6.01 7.9%	*0.02 *0.0%
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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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	684		600 - 700	100%												
Cholesterol (mg)	55															
Sodium (mg)	1106		1360													
Fiber (g)	7.89															
Iron (mg)	3.38				Missing											
Calcium (mg)	646.7				Missing											
Vitamin A (IU)	2762				Missing											
Sugars (g)	39	23.00%			Missing											
Vitamin C (mg)	46.94				Missing											
Protein (g)	35.18	20.58%														
Carbohydrate (g)	93.80	54.88%														
Total Fat (g)	20.10	26.46%	<=35.00%													
Saturated Fat (g)	6.01	7.92%	<10.00%													
Trans Fat ¹ (g)	0.02	0.02%			Missing											

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