

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

Menu Name: High School Lunch Menu

Include Cost: Yes

Site:

Report Style: Detailed

Thursday - 12/01/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000812 Hamburger w/bun	1 Burger	1	30.07	\$0.585
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900591 French Fries-straight	1/2 Cup	1	26.56	\$0.223
000406 Pasta Salad 3/4 C-NK406	3/4 CUP	1	25.43	\$0.122
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000716 Yogurt Parfait (PreK-8) w/ Granola	1 Parfait	1	90.05	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490

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	Portion Size	Reimb Qty	Carb (g)	Cost
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			740.64	\$6.908
% of Calories			48.1%	
Weekly Nutrient Guideline				

Friday - 12/02/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
000738 Tossed Salad (1 Cup)	1 Serving	1	11.63	\$0.064

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Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			593.95	\$6.495
% of Calories			45.6%	
Weekly Nutrient Guideline				

Monday - 12/05/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900944 Ham & Cheese Wrap	1 Wrap	1	27.07	\$0.000
000070 Vegetable Soup - 1/2 cup	1/2 Cup	1	5.98	\$0.007

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Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000850 Crackers, WG Mini Salt (3 pks)	3 Packages	1	21.00	\$0.195
000042 Pickle, Dill, Spear	Spear	1	0.84	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180

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Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			734.99	\$6.180
% of Calories			48.6%	
Weekly Nutrient Guideline				

Tuesday - 12/06/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000124 Chicken & Pasta Alfredo	1 Cup	1	24.48	\$0.051
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
900922 Garlic Knot, WG	knot	1	26.53	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671

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	Portion Size	Reimb Qty	Carb (g)	Cost
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			736.43	\$6.032
% of Calories			47.5%	
Weekly Nutrient Guideline				

Wednesday - 12/07/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900176 Chili Crisпитos, Chicken, WG, w/cheese sauce	2 crispito	1	40.55	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900451 Beans, Pinto, canned	1/2 cup	1	16.00	\$0.000
900097 Cheddar Cheese, Shredded	2 ounce	1	0.73	\$0.343

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	Portion Size	Reimb Qty	Carb (g)	Cost
900260 Lettuce and Tomato (offered) (Pre-K-12)	Portion	1	2.33	\$0.056
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			739.70	\$6.377
% of Calories			46.0%	
Weekly Nutrient Guideline				

Thursday - 12/08/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	28.00	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900904 Mashed Potatoes (Pearls)	1/2 Cup	1	17.50	\$0.087
000206 Green Peas, frz., 1/2C	1/2 Cup Frz.	1	16.17	\$0.007
900742 Roll, Whole Wheat, 2 oz	each	1	29.00	\$0.131
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			770.76	\$6.203
% of Calories			47.5%	
Weekly Nutrient Guideline				

Friday - 12/09/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
000738 Tossed Salad (1 Cup)	1 Serving	1	11.63	\$0.064
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			593.95	\$6.495
% of Calories			45.6%	
Weekly Nutrient Guideline				

Monday - 12/12/2022

Reimbursable Meal Total 1

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Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900615 Hot Dog, beef, no bun	hot dog	1	1.00	\$0.000
000688 Hot Dog Bun, White Wheat	1 bun	1	23.68	\$0.113
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000866 Potato Wedges, seasoned	1/2 Cup	1	30.57	\$0.114
000016 Baked Beans	1/2 Cup	1	30.96	\$0.005
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439

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Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			766.31	\$6.210
% of Calories			49.5%	
Weekly Nutrient Guideline				

Tuesday - 12/13/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000812 Hamburger w/bun	1 Burger	1	30.07	\$0.585
001009 Cheese USDA, 1 slice	1 Slice	1	0.51	\$0.078
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900722 Potato, Baby Bakers, roasted	1/2 cup	1	17.00	\$0.000
900662 Mixed Vegetables, canned	1/2 cup	1	7.91	\$0.003
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			735.58	\$6.645
% of Calories			47.7%	
Weekly Nutrient Guideline				

Wednesday - 12/14/2022

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900701 Pizza, Mozzarella Cheese Stick	2 Sticks	1	34.00	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835

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Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
900059 Black Eyed Peas, canned	1/2 Cup	1	22.37	\$0.165
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
000664 Pizza, Four Cheese, pre-sliced, WG	1 Slice	1	34.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000856 Pizza, Pepperoni (pork & beef), Stuffed Crust, WG	Slice	1	36.00	\$0.000
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
001095 Deli Croissant (2 oz.), turkey	1 Sandwich	1	23.98	\$0.490
001094 Deli Croissant (2 oz.), ham	1 Sandwich	1	25.09	\$0.490
000710 Chef Salad (Cheese)	Salad	1	51.76	\$0.518
000004 Chef Salad (Turkey) - NK004	1 Salad	1	85.17	\$1.439
000005 Chef Salad (USDA Ham) NK005	1 Salad	1	52.55	\$0.180

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

	Portion Size	Reimb Qty	Carb (g)	Cost
000880 Chef Salad w/ breaded chicken	1 Salad	1	41.89	\$1.077
Weighted Daily Average			741.80	\$6.147
% of Calories			48.8%	
Weekly Nutrient Guideline				

Thursday - 12/15/2022

Reimbursable Meal Total 8000

	Portion Size	Reimb Qty	Carb (g)	Cost
900219 Deli Croissant !1 oz.), turkey	1 Sandwich	4000	7.07	\$0.074
001089 Deli Croissant (1 oz.), ham	1 Sandwich	4000	7.10	\$0.074
001014 PB & J, wrapped WG (2)	2 Sandwich	1	0.01	\$0.000
900545 Chips, Doritos Nacho Cheese	1 Bag	7000	17.50	\$0.000
900092 Carrots, baby, raw (K-5)	1/2 Cup	5000	3.65	\$0.109
000263 Fruit or Juice	1/2 Cup	6000	11.96	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	6000	17.62	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1000	1.62	\$0.031
Weighted Daily Average			66.53	\$0.288
% of Calories			56.5%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

Weighted Values

Dec 1, 2022 thru Dec 16, 2022

Friday - 12/16/2022

Reimbursable Meal Total 8000

	Portion Size	Reimb Qty	Carb (g)	Cost
900219 Deli Croissant !1 oz.), turkey	1 Sandwich	4000	7.07	\$0.074
001089 Deli Croissant (1 oz.), ham	1 Sandwich	4000	7.10	\$0.074
001014 PB & J, wrapped WG (2)	2 Sandwich	1	0.01	\$0.000
900545 Chips, Doritos Nacho Cheese	1 Bag	7000	17.50	\$0.000
900092 Carrots, baby, raw (K-5)	1/2 Cup	5000	3.65	\$0.109
000263 Fruit or Juice	1/2 Cup	6000	11.96	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	6000	17.62	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1000	1.62	\$0.031
Weighted Daily Average			66.53	\$0.288
% of Calories			56.5%	
Weekly Nutrient Guideline				

			Carb (g)	Cost
Weighted Averages			607.26	\$5.356
% of Calories			47.7%	

**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.*