

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

**Menu Name:** Middle Lunch Menu

**Include Cost:** Yes

**Site:**

**Report Style:** Detailed

**Wednesday - 01/04/2023**

**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
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

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
Weighted Daily Average			487.24	\$2.597
% of Calories			54.0%	
Weekly Nutrient Guideline				

Thursday - 01/05/2023

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
900926 Cheesy Potatoes	1/2 Cup	1	12.95	\$0.004
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
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

# Base Menu Spreadsheet

## Weighted Values

	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
<b>Weighted Daily Average</b>			<b>474.93</b>	<b>\$1.922</b>
% of Calories			49.5%	
Weekly Nutrient Guideline				

### Friday - 01/06/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900557 Corn Dog, Chicken	1 each	1	30.00	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000065 Carrots, raw w/ Dip (K-12)	1 Serving	1	13.44	\$0.174
000424 Green Beans, cnd	1/2 Cup	1	5.37	\$0.012
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

Jan 4, 2023 thru Jan 31, 2023

	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
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
Weighted Daily Average			707.02	\$2.641
% of Calories			52.9%	
Weekly Nutrient Guideline				

### Monday - 01/09/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900944 Ham & Cheese Wrap	1 Wrap	1	27.07	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000559 Vegetable Soup - 1 cup	1 Cup	1	11.95	\$0.015

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000042 Pickle, Dill, Spear	Spear	1	0.84	\$0.000
900170 Crackers, Salad (8)	4 Packs	1	16.00	\$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
<b>Weighted Daily Average</b>			<b>418.93</b>	<b>\$1.771</b>
% of Calories			51.5%	
<b>Weekly Nutrient Guideline</b>				

**Tuesday - 01/10/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)	Cost
000717 Steak Patty, breaded, WG	1 Serving	1	19.37	\$0.425
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

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
900018 Turnip Greens	1/2 Cup	1	6.77	\$0.159
900064 Roll Dough, Dinner, WG 2oz 14018	2 oz. Roll	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
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
Weighted Daily Average			472.28	\$2.586
% of Calories			52.5%	
Weekly Nutrient Guideline				

**Wednesday - 01/11/2023**

**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

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000017 Chili Beans, canned	1/2 Cup	1	19.31	\$0.123
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
900097 Cheddar Cheese, Shredded	2 ounce	1	0.73	\$0.343
900784 Tomatoes, Diced	1/2 cup	1	3.00	\$0.000
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
Weighted Daily Average			482.03	\$2.250
% of Calories			49.6%	
Weekly Nutrient Guideline				

Thursday - 01/12/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000640 BEEF-A-RONI	3/4 CUP	1	13.12	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000424 Green Beans, cnd	1/2 Cup	1	5.37	\$0.012
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
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
Weighted Daily Average			444.67	\$1.797
% of Calories			51.7%	
Weekly Nutrient Guideline				

Friday - 01/13/2023

Reimbursable Meal Total 1



# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
900117 Chicken patty, Breaded WM, WG	1 Patty	1	9.00	\$0.782
000585 Hamburger Bun, WW	Bun	1	29.37	\$0.174
900932 Roasted, Sweet Potato	77g	1	14.00	\$0.000
900667 Okra, Breaded, FZN 1/2 cup	1/2 cup	1	16.86	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
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
Weighted Daily Average			468.87	\$2.740
% of Calories			54.6%	
Weekly Nutrient Guideline				

Tuesday - 01/17/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	0.00	\$0.000
900584 Egg, Scrambled Square NK900584	serving	1	1.06	\$0.116
000597 Hash Brown Patty (1) NK597	Patty	1	14.17	\$0.000
900254 Juice, Variety, Asst 4 oz	4 oz	1	14.78	\$0.172
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
Weighted Daily Average			464.67	\$2.072
% of Calories			52.1%	
Weekly Nutrient Guideline				

# Base Menu Spreadsheet

Weighted Values

Jan 4, 2023 thru Jan 31, 2023

Wednesday - 01/18/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900940 Chicken Burrito	1 burrito	1	42.04	\$0.001
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000123 Seasoned Rice	1/2 Cup	1	32.58	\$0.045
900011 Pinto Beans	1/2 Cup	1	19.74	\$0.000
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$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
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

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000544 Yogurt Parfait (9-12)	serving	1	111.56	\$0.000
Weighted Daily Average			499.34	\$1.834
% of Calories			54.6%	
Weekly Nutrient Guideline				

Thursday - 01/19/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900894 Chili Con Carne w/beans	1/2 CUP	1	8.69	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000674 Grilled Cheese Sandwich	1 Sandwich	1	28.29	\$0.000
900720 Potato, Rounds	1/2 cup	1	14.00	\$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

# Base Menu Spreadsheet

## Weighted Values

	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
Weighted Daily Average			450.63	\$1.784
% of Calories			50.0%	
Weekly Nutrient Guideline				

### Friday - 01/20/2023

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900886 Pull-Apart Cheese Filled Italian Bread	109g	1	32.00	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
000261 Carrots, buttered, 1/2 cup	1/2 Cup	1	7.17	\$0.000
000563 Broccoli, raw, florets (1/2 C)	1/2 cup raw	1	2.92	\$0.111
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
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

# Base Menu Spreadsheet

## Weighted Values

	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
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
<b>Weighted Daily Average</b>			<b>700.30</b>	<b>\$2.566</b>
% of Calories			53.7%	
<b>Weekly Nutrient Guideline</b>				

### Monday - 01/23/2023

### Reimbursable Meal Total 1

	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
900591 French Fries-straight	1/2 Cup	1	26.56	\$0.223

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
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
Weighted Daily Average			481.85	\$2.124
% of Calories			54.1%	
Weekly Nutrient Guideline				

**Tuesday - 01/24/2023**

**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

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
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
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
Weighted Daily Average			455.99	\$1.838
% of Calories			51.6%	
Weekly Nutrient Guideline				

**Wednesday - 01/25/2023**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)	Cost
900945 Cheesy Tortilla	1	1	18.39	\$0.108



# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
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
000065 Carrots, raw w/ Dip (K-12)	1 Serving	1	13.44	\$0.174
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
Weighted Daily Average			462.05	\$2.180
% of Calories			52.8%	
Weekly Nutrient Guideline				

Thursday - 01/26/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000305 Nachos w/ Beef	3 oz	1	20.68	\$0.000
001014 PB & J, wrapped WG (2)	2 Sandwich	1	68.00	\$0.835
900915 Corn & Black Bean Salsa	1/2 Cup	1	20.89	\$0.000
000123 Seasoned Rice	1/2 Cup	1	32.58	\$0.045
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
Weighted Daily Average			473.80	\$1.829
% of Calories			53.8%	
Weekly Nutrient Guideline				

Friday - 01/27/2023

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	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
000424 Green Beans, cnd	1/2 Cup	1	5.37	\$0.012
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
Weighted Daily Average			461.64	\$2.604
% of Calories			51.9%	
Weekly Nutrient Guideline				

**Monday - 01/30/2023**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	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
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
000261 Carrots, buttered, 1/2 cup	1/2 Cup	1	7.17	\$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
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
<b>Weighted Daily Average</b>			<b>446.15</b>	<b>\$1.787</b>
% of Calories			53.2%	
<b>Weekly Nutrient Guideline</b>				

**Tuesday - 01/31/2023**

**Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
900512 CHICKEN, BRD TENDERLOINS WG	3 PCS	1	17.00	\$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
900058 Biscuit, Southern	2.2 oz Biscuit	1	24.54	\$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
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
Weighted Daily Average			474.86	\$1.878
% of Calories			52.7%	
Weekly Nutrient Guideline				

			Carb (g)	Cost
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# Base Menu Spreadsheet

## Weighted Values

Jan 4, 2023 thru Jan 31, 2023

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Weighted Averages			490.91	\$2.147
% of Calories			52.5%	

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**