

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

Menu Name: ELEMENTARY LUNCH K-5

Include Cost: No

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Wednesday - 05/01/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
003012 CHICKEN NUGGETS WG TEMPURA	5ea	1500	282	3.52	433	1	*N/A*	18.12	0.00	45	13.09	1.01	16.10	0	10.1	0.00	1.21
002189 BREADSTICK, CHEESE 4 BITES	4 EACH	1500	280	4.00	540	0	*N/A*	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1000	7.39	1145	*27	*0	40.77	*0.00	50	125.26	18.52	37.88	2011	523.6	190.61	4.82
% of Calories				6.65%		*10.8%	*0%	36.7%	*0.0%		50.1%		15.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/02/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002950 CHICKEN TAMALES IW (SYSCO)	EACH	1500	270	3.00	839	1	*N/A*	12.98	0.00	30	29.95	2.00	8.98	0	0.0	0.00	0.00
003055 TAMALES CHEESE WHOLE GRAIN	SERVINGS	1500	379	7.99	469	0	0	26.95	0.00	35	28.95	0.00	11.98	0	265.5	0.00	1.00
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			821	9.87	1687	*19	*0	36.22	*0.00	59	95.39	12.60	33.80	1028	481.9	24.47	2.08
% of Calories				10.82 %		*9.3%	*0%	39.7%	*0.0%		46.5%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/03/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002678 BURGER, CHEESE	EACH	1500	349	6.50	489	4	*N/A*	15.00	0.00	47	32.00	4.00	22.00	0	165.0	0.00	2.44
001036 BURGER, VEGGIE CHEESE	EACH	1500	370	4.00	761	*4	*N/A*	10.00	0.00	20	40.02	9.01	31.04	0	230.2	0.00	4.15
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			987	9.53	1690	*34	*0	39.97	*0.00	45	121.14	14.14	43.23	2495	590.8	36.94	14.21
% of Calories				8.69%		*13.8%	*0%	36.4%	*0.0%		49.1%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 05/06/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002856 CORN DOG, MINI CHICK TYSON	SERVING (6)	1500	315	3.64	570	6	*N/A*	16.98	*N/A*	49	27.89	2.43	14.55	0	24.3	0.00	1.75
002677 SANDWICH, GRILLED CHEESE	EACH	1500	447	12.33	858	*4	*N/A*	24.83	*0.00	60	35.00	4.00	23.00	83	70.0	0.00	1.80
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	0	0.0	3.60	0.36
002947 SALAD, SPINACH & ROMAINE 1CUP	2EA#8 SCOOP	3000	111	0.69	179	*0	*N/A*	4.67	*0.00	2	13.54	7.70	6.91	34545	222.9	98.70	6.16

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)	
000097	FRUIT, RAISINS	BOX	1500	114	0.04	10	25	*N/A*	0.10	0.00	0	30.14	1.71	1.25	0	23.6	0.87	0.68
002587	FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22	*N/A*	0.00	0.00	0	25.00	2.00	0.00	0	0.0	0.00	0.00
000450	VEG, CARROTS BABY	BAG	1000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	10172	22.1	6.19	0.66
000377	VEG, CUCUMBER	#8 SCOOP	1500	4	0.00	0	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	25	5.0	0.60	0.09
002009	VEG, BELL PEPPER STICKS	CUP	1500	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	300	0.0	80.76	0.00
000419	FRUIT, MIXED	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	12	0.0	0.80	0.00
000942	FRUIT, PINEAPPLE FRESH	#8 SCOOP	3000	37	0.00	1	*N/A*	*N/A*	0.00	*N/A*	0	9.69	1.38	0.00	69	13.8	28.23	0.25
000228	MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000230	MILK, 1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000129	MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
002265	DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
001975	DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002952	DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2	*N/A*	4.00	0.00	5	4.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average				1025	11.25	1472	*47	*0	39.48	*0.00	65	138.96	16.52	38.43	38717	635.8	174.63	9.43
% of Calories					9.88%		*18.3%	*0%	34.7%	*0.0%		54.2%		15.0%				
Weekly Nutrient Guideline				550 - 650	<10	1110			<=0									

Tuesday - 05/07/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001862 PIZZA, WG PEP 5"	EACH	1500	360	7.00	570	4	*N/A*	16.00	0.00	35	34.00	3.00	20.00	500	400.0	9.00	1.80
001861 PIZZA, WG CHEESE 5"	EACH	1500	360	8.00	510	4	*N/A*	17.00	0.00	35	34.00	3.00	20.00	500	450.0	6.00	2.70
000424 VEG, GREEN BEANS	#8 SCOOP	2000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	0	10.0	0.00	1.36
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	105	0.00	140	*N/A*	*N/A*	2.00	0.00	0	17.00	5.00	5.00	0	0.0	0.00	0.00
001358 VEG, BROCC COLICHERY TOM	.5 CUP	2000	14	0.00	6	*N/A*	*N/A*	0.25	*N/A*	0	2.76	0.25	0.75	726	7.5	21.79	0.23
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK, 1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			770	9.52	1039	*25	*0	30.34	*0.00	47	91.82	10.08	37.29	3691	781.9	42.54	3.98
% of Calories				11.13 %		*13.0%	*0%	35.5%	*0.0%		47.7%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/08/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000352 POCKET, TACO 4.5 OZ	POCKET	1500	260	2.50	390	1	*N/A*	8.00	0.00	35	31.00	4.00	17.00	200	80.0	1.20	2.70
001725 HS-CHEESE QUESADILLA	EACH	1500	315	6.52	1000	*N/A*	*N/A*	12.04	0.00	25	31.44	3.94	19.04	189	100.0	0.00	1.44
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1006	8.14	1354	*27	*0	35.73	*0.00	48	135.94	19.98	39.85	2005	488.5	191.21	5.56
% of Calories				7.28%		*10.7%	*0%	32.0%	*0.0%		54.1%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/09/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002943 CHICKEN TAQUITO	SERVINGS	750	213	1.01	162	0	*N/A*	5.06	0.00	20	33.42	5.06	8.10	0	60.8	0.00	7.29
002951 BEEF TAQUITO	SERVINGS	750	7	0.04	15	0	*N/A*	0.14	0.00	1	1.17	0.18	0.32	0	28.4	0.00	0.26
000993 BURRITO, BEAN & CHEESE 5.75 OZ	EACH	1500	328	3.14	657	*N/A*	*N/A*	7.48	0.00	11	50.22	5.75	14.57	377	134.8	6.40	3.83
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			715	6.21	1406	*18	*0	21.29	*0.00	37	99.70	15.78	32.71	1217	438.8	27.67	5.38
% of Calories				7.82%		*10.1%	*0%	26.8%	*0.0%		55.8%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/10/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002928 SANDWICH CHICKEN BBQ GRILLED	EA	1500	290	0.00	620	*4	*N/A*	4.60	*0.00	65	37.00	3.18	27.40	*100	*150.0	*1.20	*1.73
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	528	16.00	924	*4	*N/A*	30.00	*0.00	80	35.75	3.46	27.46	322	157.3	3.70	1.61
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1036	12.28	1837	*34	*0	44.77	*0.00	84	121.50	10.95	44.14	*2706	*546.9	*39.39	*12.58
% of Calories				10.67 %		*13.1%	*0%	38.9%	*0.0%		46.9%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 05/13/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001885 CHICK ON BUN	EACH	1500	414	3.00	521	*4	*N/A*	16.00	0.00	59	45.00	6.00	24.00	61	165.0	0.00	2.44
002054 MAC & CHEESE, LANDOLAKE ROLL	2/3 CUP 6OZ.	1500	370	9.00	1110	*2	*N/A*	17.00	0.50	30	47.00	2.00	18.00	800	600.0	0.00	2.16
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	0	0.0	3.60	0.36
002947 SALAD, SPINACH & ROMAINE 1CUP	2EA#8 SCOOP	3000	111	0.69	179	*0	*N/A*	4.67	*0.00	2	13.54	7.70	6.91	34545	222.9	98.70	6.16
000097 FRUIT, RAISINS	BOX	1500	114	0.04	10	25	*N/A*	0.10	0.00	0	30.14	1.71	1.25	0	23.6	0.87	0.68

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22	*N/A*	0.00	0.00	0	25.00	2.00	0.00	0	0.0	0.00	0.00
000450 VEG, CARROTS BABY	BAG	1000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	10172	22.1	6.19	0.66
000377 VEG, CUCUMBER	#8 SCOOP	1500	4	0.00	0	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	25	5.0	0.60	0.09
002009 VEG, BELL PEPPER STICKS	CUP	1500	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	300	0.0	80.76	0.00
000419 FRUIT, MIXED	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	12	0.0	0.80	0.00
000942 FRUIT, PINEAPPLE FRESH	#8 SCOOP	3000	37	0.00	1	*N/A*	*N/A*	0.00	*N/A*	0	9.69	1.38	0.00	69	13.8	28.23	0.25
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2	*N/A*	4.00	0.00	5	4.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1036	9.26	1574	*44	*0	35.08	*0.25	56	153.52	17.31	40.66	39106	971.2	174.63	9.96
% of Calories				8.04%		*17.0%	*0%	30.5%	*0.2%		59.3%		15.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/14/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
003056 CHICKEN WHITE CHEDDAR PENNE	HEAPING #8 SCOO	1500	286	4.10	379	*1	*0	8.30	*14.14	*17	35.11	2.56	14.89	59	131.8	1.93	1.11
002510 PENNE' PASTA BAKE MEATLESS	SERVINGS	1500	226	2.11	703	*1	*N/A*	3.84	*0.00	10	35.16	2.34	12.86	222	19.4	4.68	1.96
003015 BREAD BREADSTICK GARLIC W/G	Servings	3000	99	0.50	94	0	*N/A*	2.98	0.00	0	14.88	0.99	0.99	0	0.0	0.00	0.79
000424 VEG, GREEN BEANS	#8 SCOOP	2000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	0	10.0	0.00	1.36
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	105	0.00	140	*N/A*	*N/A*	2.00	0.00	0	17.00	5.00	5.00	0	0.0	0.00	0.00
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	14	0.00	6	*N/A*	*N/A*	0.25	*N/A*	0	2.76	0.25	0.75	726	7.5	21.79	0.23
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			765	5.62	1134	*22	*0	22.89	*7.07	*25	107.84	10.53	32.16	3332	432.5	38.34	4.05
% of Calories				6.61%		*11.5%	*0%	26.9%	*8.3%		56.4%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

Wednesday - 05/15/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000354 POCKET, PIZZA 4.5 OZ	EACH	1500	250	2.00	410	2	*N/A*	8.00	0.00	30	32.00	4.00	14.00	100	60.0	2.40	2.70
003060 SANDWICH, BOMBAY GRILLED CHEESE	EACH	1500	566	16.36	1042	*5	*N/A*	32.39	*0.00	80	39.55	4.64	28.92	419	78.2	14.75	1.93
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1127	12.81	1385	*30	*0	45.90	*0.00	73	140.49	20.33	43.29	2070	467.7	199.19	5.81
% of Calories				10.23 %		*10.6%	*0%	36.7%	*0.0%		49.9%		15.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/16/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002215 TACO, BEEF SOFT RAW	1 EACH	1500	324	7.08	393	*1	*N/A*	18.52	*2.13	66	17.82	2.23	21.81	336	68.5	2.36	1.34
002053 TOSTADA, BEAN ELEM	EACH	1500	225	7.00	190	*0	*0	14.50	*0.00	30	15.00	0.00	8.00	284	206.0	0.00	2.19
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			771	11.43	1325	*19	*0	32.76	*1.07	74	82.34	12.71	38.23	1338	486.4	25.65	3.35
% of Calories				13.34 %		*9.9%	*0%	38.2%	*1.2%		42.7%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/17/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000162 TURKEY, HOT DOG ON A BUN	EACH	1500	290	3.00	720	6	*N/A*	14.00	0.00	55	34.00	3.00	14.00	0	151.0	0.00	2.52
002775 WRAP, VEGETARIAN 2/2	EACH	1500	548	17.50	994	*0	*N/A*	33.00	*0.00	80	34.75	6.46	25.46	322	7.3	4.90	2.87
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1046	14.53	1922	*33	*0	50.97	*0.00	79	119.50	12.36	36.44	2656	472.4	39.39	13.61
% of Calories				12.50 %		*12.6%	*0%	43.9%	*0.0%		45.7%		13.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 05/20/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002351 CHICKEN, OVEN ROASTED BREADED	SERVING	1500	215	3.00	591	0	*N/A*	13.00	0.00	41	11.00	1.00	12.00	78	12.0	1.00	1.00
002893 HS-PBJ STRAWBERRY LUNCH	EACH	500	856	7.00	817	*48	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	10272	140.1	14.59	4.38
002892 HS-PBJ GRAPE LUNCH	EACH	500	856	7.00	817	*48	*N/A*	39.00	*0.00	0	113.90	14.48	20.74	10272	140.1	14.59	4.38
002277 SANDWICH, SB & GRAPE WG 2.8OZ	EACH	500	310	2.00	250	*N/A*	*N/A*	17.00	0.00	0	33.00	5.00	10.00	0	40.0	0.00	2.70
002791 CHEESE, MOZZARELLA STRING	EACH	1500	80	3.00	200	0	*N/A*	6.00	0.00	20	1.00	0.00	6.00	0	220.0	0.00	0.00
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	0	0.0	3.60	0.36

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002947 SALAD, SPINACH & ROMAINE 1CUP	2EA#8 SCOOP	3000	111	0.69	179	*0	*N/A*	4.67	*0.00	2	13.54	7.70	6.91	34545	222.9	98.70	6.16
000097 FRUIT, RAISINS	BOX	1500	114	0.04	10	25	*N/A*	0.10	0.00	0	30.14	1.71	1.25	0	23.6	0.87	0.68
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22	*N/A*	0.00	0.00	0	25.00	2.00	0.00	0	0.0	0.00	0.00
000450 VEG, CARROTS BABY	BAG	1000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	10172	22.1	6.19	0.66
000377 VEG, CUCUMBER	#8 SCOOP	1500	4	0.00	0	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	25	5.0	0.60	0.09
002009 VEG, BELL PEPPER STICKS	CUP	1500	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	300	0.0	80.76	0.00
000419 FRUIT, MIXED	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	12	0.0	0.80	0.00
000942 FRUIT, PINEAPPLE FRESH	#8 SCOOP	3000	37	0.00	1	*N/A*	*N/A*	0.00	*N/A*	0	9.69	1.38	0.00	69	13.8	28.23	0.25
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2	*N/A*	4.00	0.00	5	4.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1128	8.93	1468	*57	*0	43.91	*0.00	42	156.98	19.47	37.24	42139	758.0	180.00	10.07
% of Calories				7.12%		*20.2%	*0%	35.0%	*0.0%		55.7%		13.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/21/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002917 SPAGHETTI W/BEEF CRUMBLES	1 CUP	1500	331	3.49	923	*3	*N/A*	8.68	*0.00	38	47.79	5.67	18.44	542	38.5	10.71	2.88
002704 SPAGHETTI W/CHEESE ST SCRATCH	HEAPING # 6 SCP	1500	200	2.01	843	*2	*N/A*	3.42	*0.00	10	31.58	3.18	13.05	628	219.0	10.16	2.23
003015 BREAD BREADSTICK GARLIC W/G	Servings	3000	99	0.50	94	0	*N/A*	2.98	0.00	0	14.88	0.99	0.99	0	0.0	0.00	0.79
000424 VEG, GREEN BEANS	#8 SCOOP	2000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	0	10.0	0.00	1.36
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	105	0.00	140	*N/A*	*N/A*	2.00	0.00	0	17.00	5.00	5.00	0	0.0	0.00	0.00
001358 VEG, BROCC COLICHERY TOM	.5 CUP	2000	14	0.00	6	*N/A*	*N/A*	0.25	*N/A*	0	2.76	0.25	0.75	726	7.5	21.79	0.23
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			774	5.27	1476	*24	*0	22.86	*0.00	36	112.39	12.50	34.03	3776	485.7	45.47	5.08
% of Calories				6.13%		*12.4%	*0%	26.6%	*0.0%		58.1%		17.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

Wednesday - 05/22/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
003012 CHICKEN NUGGETS WG TEMPURA	5ea	1500	282	3.52	433	1	*N/A*	18.12	0.00	45	13.09	1.01	16.10	0	10.1	0.00	1.21
002189 BREADSTICK, CHEESE 4 BITES	4 EACH	1500	280	4.00	540	0	*N/A*	12.00	0.00	20	28.00	4.00	16.00	400	240.0	0.00	1.44
000391 POTATO, SMILES	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1000	7.39	1145	*27	*0	40.77	*0.00	50	125.26	18.52	37.88	2011	523.6	190.61	4.82
% of Calories				6.65%		*10.8%	*0%	36.7%	*0.0%		50.1%		15.2%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/23/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002950 CHICKEN TAMALES IW (SYSCO)	EACH	1500	270	3.00	839	1	*N/A*	12.98	0.00	30	29.95	2.00	8.98	0	0.0	0.00	0.00
003055 TAMALES CHEESE WHOLE GRAIN	SERVINGS	1500	379	7.99	469	0	0	26.95	0.00	35	28.95	0.00	11.98	0	265.5	0.00	1.00
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00
000230 MILK, 1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			821	9.87	1687	*19	*0	36.22	*0.00	59	95.39	12.60	33.80	1028	481.9	24.47	2.08
% of Calories				10.82 %		*9.3%	*0%	39.7%	*0.0%		46.5%		16.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/24/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002678 BURGER, CHEESE	EACH	1500	349	6.50	489	4	*N/A*	15.00	0.00	47	32.00	4.00	22.00	0	165.0	0.00	2.44
001036 BURGER, VEGGIE CHEESE	EACH	1500	370	4.00	761	*4	*N/A*	10.00	0.00	20	40.02	9.01	31.04	0	230.2	0.00	4.15
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			987	9.53	1690	*34	*0	39.97	*0.00	45	121.14	14.14	43.23	2495	590.8	36.94	14.21
% of Calories				8.69%		*13.8%	*0%	36.4%	*0.0%		49.1%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 05/28/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001862 PIZZA, WG PEP 5"	EACH	1500	360	7.00	570	4	*N/A*	16.00	0.00	35	34.00	3.00	20.00	500	400.0	9.00	1.80
001861 PIZZA, WG CHEESE 5"	EACH	1500	360	8.00	510	4	*N/A*	17.00	0.00	35	34.00	3.00	20.00	500	450.0	6.00	2.70
000424 VEG, GREEN BEANS	#8 SCOOP	2000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	0	10.0	0.00	1.36
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	105	0.00	140	*N/A*	*N/A*	2.00	0.00	0	17.00	5.00	5.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	14	0.00	6	*N/A*	*N/A*	0.25	*N/A*	0	2.76	0.25	0.75	726	7.5	21.79	0.23
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			770	9.52	1039	*25	*0	30.34	*0.00	47	91.82	10.08	37.29	3691	781.9	42.54	3.98
% of Calories				11.13 %		*13.0%	*0%	35.5%	*0.0%		47.7%		19.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 05/29/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000352 POCKET, TACO 4.5 OZ	POCKET	1500	260	2.50	390	1	*N/A*	8.00	0.00	35	31.00	4.00	17.00	200	80.0	1.20	2.70
001725 HS-CHEESE QUESADILLA	EACH	1500	315	6.52	1000	*N/A*	*N/A*	12.04	0.00	25	31.44	3.94	19.04	189	100.0	0.00	1.44
000391 POTATO, SMILES (6)	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1006	8.14	1354	*27	*0	35.73	*0.00	48	135.94	19.98	39.85	2005	488.5	191.21	5.56
% of Calories				7.28%		*10.7%	*0%	32.0%	*0.0%		54.1%		15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 05/30/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002943 CHICKEN TAQUITO	SERVINGS	750	213	1.01	162	0	*N/A*	5.06	0.00	20	33.42	5.06	8.10	0	60.8	0.00	7.29
002951 BEEF TAQUITO	SERVINGS	750	7	0.04	15	0	*N/A*	0.14	0.00	1	1.17	0.18	0.32	0	28.4	0.00	0.26
000993 BURRITO, BEAN & CHEESE 5.75 OZ	EACH	1500	328	3.14	657	*N/A*	*N/A*	7.48	0.00	11	50.22	5.75	14.57	377	134.8	6.40	3.83
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			715	6.21	1406	*18	*0	21.29	*0.00	37	99.70	15.78	32.71	1217	438.8	27.67	5.38
% of Calories				7.82%		*10.1%	*0%	26.8%	*0.0%		55.8%		18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 05/31/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002928 SANDWICH CHICKEN BBQ GRILLED	EA	1500	290	0.00	620	*4	*N/A*	4.60	*0.00	65	37.00	3.18	27.40	*100	*150.0	*1.20	*1.73
002763 SANDWICH, VEGGIE STACKER	SANDWICH	1500	528	16.00	924	*4	*N/A*	30.00	*0.00	80	35.75	3.46	27.46	322	157.3	3.70	1.61
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1036	12.28	1837	*34	*0	44.77	*0.00	84	121.50	10.95	44.14	*2706	*546.9	*39.39	*12.58
% of Calories				10.67 %		*13.1%	*0%	38.9%	*0.0%		46.9%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Monday - 06/03/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001885 CHICK ON BUN	EACH	1500	414	3.00	521	*4	*N/A*	16.00	0.00	59	45.00	6.00	24.00	61	165.0	0.00	2.44
002054 MAC & CHEESE, LANDOLAKE ROLL	2/3 CUP 6OZ.	1500	370	9.00	1110	*2	*N/A*	17.00	0.50	30	47.00	2.00	18.00	800	600.0	0.00	2.16
002676 POTATO, TATER BARRELS SYSCO	10 BARRELS	3000	170	1.50	360	0	*N/A*	9.00	0.00	0	19.00	1.00	2.00	0	0.0	3.60	0.36
002947 SALAD, SPINACH & ROMAINE 1CUP	2EA#8 SCOOP	3000	111	0.69	179	*0	*N/A*	4.67	*0.00	2	13.54	7.70	6.91	34545	222.9	98.70	6.16
000097 FRUIT, RAISINS	BOX	1500	114	0.04	10	25	*N/A*	0.10	0.00	0	30.14	1.71	1.25	0	23.6	0.87	0.68
002587 FRUIT, DRIED CRANBERRIES	SERVING	1500	92	0.00	2	22	*N/A*	0.00	0.00	0	25.00	2.00	0.00	0	0.0	0.00	0.00
000450 VEG, CARROTS BABY	BAG	1000	26	0.00	57	*N/A*	*N/A*	0.00	*N/A*	0	5.90	1.47	0.74	10172	22.1	6.19	0.66
000377 VEG, CUCUMBER	#8 SCOOP	1500	4	0.00	0	*N/A*	*N/A*	0.00	0.00	0	1.00	0.00	0.00	25	5.0	0.60	0.09
002009 VEG, BELL PEPPER STICKS	CUP	1500	24	0.00	2	*N/A*	*N/A*	0.17	*N/A*	0	6.01	1.61	1.20	300	0.0	80.76	0.00
000419 FRUIT, MIXED	#8 SCOOP	2000	60	0.00	10	*N/A*	*N/A*	0.00	0.00	0	17.00	0.00	0.00	12	0.0	0.80	0.00
000942 FRUIT, PINEAPPLE FRESH	#8 SCOOP	3000	37	0.00	1	*N/A*	*N/A*	0.00	*N/A*	0	9.69	1.38	0.00	69	13.8	28.23	0.25

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002952 DRESSING 1000 ISLAND	TABLESPOONS	500	50	0.75	100	2	*N/A*	4.00	0.00	5	4.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			1036	9.26	1574	*44	*0	35.08	*0.25	56	153.52	17.31	40.66	39106	971.2	174.63	9.96
% of Calories				8.04%		*17.0%	*0%	30.5%	*0.2%		59.3%		15.7%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/04/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
003056 CHICKEN WHITE CHEDDAR PENNE	HEAPING #8 SCOOP	1500	286	4.10	379	*1	*0	8.30	*14.14	*17	35.11	2.56	14.89	59	131.8	1.93	1.11
002510 PENNE PASTA BAKE MEATLESS	SERVINGS	1500	226	2.11	703	*1	*N/A*	3.84	*0.00	10	35.16	2.34	12.86	222	19.4	4.68	1.96
003015 BREAD BREADSTICK GARLIC W/G	Servings	3000	99	0.50	94	0	*N/A*	2.98	0.00	0	14.88	0.99	0.99	0	0.0	0.00	0.79
000424 VEG, GREEN BEANS	#8 SCOOP	2000	16	0.00	140	1	*N/A*	0.00	0.00	0	3.00	2.00	1.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
000941 NOODLE, CHOW MEIN	SERVING	2000	105	0.00	35	*N/A*	*N/A*	1.51	0.00	0	20.57	2.01	4.01	0	10.0	0.00	1.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
001983 VEG, GARBANZO BEANS	#8 SCOOP	2000	105	0.00	140	*N/A*	*N/A*	2.00	0.00	0	17.00	5.00	5.00	0	0.0	0.00	0.00
001358 VEG, BROCC CHERRY TOM	.5 CUP	2000	14	0.00	6	*N/A*	*N/A*	0.25	*N/A*	0	2.76	0.25	0.75	726	7.5	21.79	0.23
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	900	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	100	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			765	5.62	1134	*22	*0	22.89	*7.07	*25	107.84	10.53	32.16	3332	432.5	38.34	4.05
% of Calories				6.61%		*11.5%	*0%	26.9%	*8.3%		56.4%		16.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/05/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000354 POCKET, PIZZA 4.5 OZ	EACH	1500	250	2.00	410	2	*N/A*	8.00	0.00	30	32.00	4.00	14.00	100	60.0	2.40	2.70
003060 SANDWICH, BOMBAY GRILLED CHEESE	EACH	1500	566	16.36	1042	*5	*N/A*	32.39	*0.00	80	39.55	4.64	28.92	419	78.2	14.75	1.93
000391 POTATO, SMILES (6)	SERVINGS (6)	3000	130	0.50	180	0	*N/A*	4.50	0.00	0	20.00	2.00	2.00	0	0.0	2.40	0.36

Base Menu Spreadsheet

Yuba City USD

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002157 VEG, CARROTS & PEAS STEAMED	#8 SCOOP	2000	44	0.00	50	4	*N/A*	0.50	0.00	12	8.50	3.00	2.00	0	0.0	0.00	0.00
002481 SALAD, SPINACH & ROMAINE	1EA #8 SCOOP	2000	40	0.61	48	*0	*N/A*	4.00	*0.00	2	1.15	0.38	0.40	1730	13.5	4.94	0.31
001651 PEANUT BUTTER W/CELERY	SERVING	750	214	3.00	203	3	*N/A*	16.00	0.00	0	8.00	2.00	7.00	0	17.0	0.00	0.69
002612 SUN BUTTER W/CELERY	SERVING	750	214	2.00	163	3	*N/A*	17.00	0.00	0	7.00	4.00	7.00	15	20.0	0.00	1.44
002197 VEG, KIDNEY BEANS	1/2 CUP#8 SCOOP	1500	104	0.00	140	2	*N/A*	0.00	0.00	0	19.00	7.00	7.00	0	0.0	0.00	0.00
000099 FRUIT, STRAWBERRIES FRESH	#8 SCOOP	3000	23	0.01	1	4	*N/A*	0.22	0.00	0	5.53	1.44	0.48	9	11.5	42.34	0.30
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
001975 DRESSING, RANCH PACKET 12GRAMS	PACKET	500	60	1.00	100	*N/A*	*N/A*	7.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000944 FRUIT, APPLESAUCE	.5 CUP	2000	90	0.00	15	*N/A*	*N/A*	0.00	0.00	0	23.00	1.00	0.00	0	0.0	2.40	1.80
000245 FRUIT, KIWI FRESH	2 EACH	3000	93	0.00	4	*N/A*	*N/A*	0.86	0.00	0	22.33	4.29	1.72	129	51.5	140.66	0.46
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1127	12.81	1385	*30	*0	45.90	*0.00	73	140.49	20.33	43.29	2070	467.7	199.19	5.81
% of Calories				10.23 %		*10.6%	*0%	36.7%	*0.0%		49.9%		15.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Thursday - 06/06/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
002215 TACO, BEEF SOFT RAW	1 EACH	1500	324	7.08	393	*1	*N/A*	18.52	*2.13	66	17.82	2.23	21.81	336	68.5	2.36	1.34
002053 TOSTADA, BEAN ELEM	EACH	1500	225	7.00	190	*0	*0	14.50	*0.00	30	15.00	0.00	8.00	284	206.0	0.00	2.19
000270 VEG, CORN CANNED - USDA	#8 SCOOP	2000	65	0.00	15	*N/A*	*N/A*	1.00	0.00	0	15.00	2.00	2.00	0	0.0	0.00	0.00
002666 BEAN, REFRIED	#8 SCOOP	2000	140	0.00	321	1	*N/A*	2.51	0.00	0	24.06	7.02	7.02	0	7.0	0.00	1.08
002462 VEG, LETT SHREDDED	1EA #8 SCOOP	2000	5	0.00	3	*N/A*	*N/A*	0.00	*N/A*	0	1.00	0.33	0.33	167	6.7	1.00	0.12
001051 SALSA, COMMODITY	#8 SCOOP	2000	35	0.00	124	*N/A*	*N/A*	0.00	0.00	0	7.09	3.54	0.00	0	0.0	0.00	0.00
000511 VEG, JICAMA	6 STICKS	2000	23	0.00	2	*N/A*	*N/A*	0.00	0.00	0	5.50	2.00	0.50	25	5.0	12.00	0.36
000777 VEG, OLIVES SLICE	.5 CUP	2000	120	0.00	561	*N/A*	*N/A*	10.01	0.00	0	4.00	0.00	0.00	0	0.0	0.00	0.00
001627 FRUIT, MANDARIN FRESH	EACH	2000	47	0.00	2	*N/A*	*N/A*	0.00	0.00	0	12.00	2.00	1.00	600	30.0	23.40	0.18
000986 CHEESE, CHEDDAR	OZ	3000	81	4.05	202	*N/A*	*N/A*	6.08	0.00	20	0.00	0.00	7.09	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			771	11.43	1325	*19	*0	32.76	*1.07	74	82.34	12.71	38.23	1338	486.4	25.65	3.35
% of Calories				13.34 %		*9.9%	*0%	38.2%	*1.2%		42.7%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Friday - 06/07/2024

Reimbursable Meal Total 3000

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000162 TURKEY, HOT DOG ON A BUN	EACH	1500	290	3.00	720	6	*N/A*	14.00	0.00	55	34.00	3.00	14.00	0	151.0	0.00	2.52
002775 WRAP, VEGETARIAN 2/2	EACH	1500	548	17.50	994	*0	*N/A*	33.00	*0.00	80	34.75	6.46	25.46	322	7.3	4.90	2.87
002985 POTATO MCCAIN 8 CUT WEDGES	Servings	3000	130	1.00	560	0	*N/A*	6.00	0.00	0	19.01	1.00	2.00	0	10.0	0.00	10.01
003064 LETTUCE GREEN LEAF	1/2 cup	2000	4	0.00	7	0	*N/A*	0.04	0.00	0	0.69	0.31	0.33	1777	8.6	2.21	0.21
000042 VEG, PICKLES DILL	SLICES	1500	1	0.00	90	*N/A*	*N/A*	0.00	*N/A*	0	0.28	0.07	0.07	14	0.7	0.13	0.04
002212 BEAN, VEGETARIAN BAKED LS	1/2 CUP	1500	110	0.00	140	*N/A*	*N/A*	1.00	0.00	0	20.00	5.00	7.00	0	0.0	0.00	0.00
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000729 FRUIT, APRICOT HALVES USDA	.5 CUP	1000	80	0.00	10	*N/A*	*N/A*	0.00	*N/A*	0	19.00	0.00	0.00	1750	0.0	2.40	0.00
002265 DRESSING, ITALIAN LOW SODIUM	1 OZ	1500	109	1.75	1	*0	*N/A*	12.25	*0.00	0	0.28	0.05	0.05	0	1.6	0.16	0.03
002264 DRESSING, RANCH LOW SODIUM	1 OZ	1500	17	0.00	23	*0	*N/A*	0.00	0.00	1	2.45	0.01	1.73	0	60.3	0.34	0.03
000178 DRESSING, THOUSAND ISLAND	SERVING 2oz	1500	266	4.06	449	*3	*N/A*	27.03	*0.00	11	8.80	0.08	0.13	97	2.1	0.54	0.06
000230 MILK,1% WHITE	CARTON	500	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	2000	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

May 1, 2024 thru Jun 7, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			1046	14.53	1922	*33	*0	50.97	*0.00	79	119.50	12.36	36.44	2656	472.4	39.39	13.61
% of Calories				12.50 %		*12.6%	*0%	43.9%	*0.0%		45.7%		13.9%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added 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)
Weighted Averages	929	10	1460	*29	*0	36.28	*0.62	*55	118.42	14.78	38.11	*7850	*564.6	*91.12	*7.24
% of Calories		9.28%		*12.5%	*0%	35.1%	*0.6%		51.0%		16.4%				

- *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.