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12/01/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 990163 Bosco Sticks | Serv(3EA) | 1 | 450 | 7.50 | 660 | 3 | \*N/A\* | 15.00 | 0.00 | 45 | 51.00 | 6.00 | 30.00 | 0 | 666.0 | 0.00 | 3.00 | | 990223 Celery Sticks | Sticks | 1 | 9 | 0.02 | 32 | 1 | \*N/A\* | 0.10 | 0.00 | 0 | 1.50 | 0.80 | 0.40 | 50 | 20.0 | 1.40 | 0.12 | | 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 | | 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 | | 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 001048 HAM SANDWICH (ELEM) | EACH | 1 | 204 | 0.57 | 563 | 7 | \*N/A\* | 3.64 | 0.00 | 29 | 28.72 | 2.00 | 15.07 | 2 | 56.8 | 0.22 | 2.34 | | Weighted Daily Average |  |  | 2020 | 19.51 | 2613 | \*50 | \*0 | 83.40 | 0.00 | 82 | 228.94 | 22.46 | 100.11 | \*15460 | 1204.9 | 8.19 | 12.64 | | % of Calories |  |  |  | 8.69% |  | \*9.9% | \*0% | 37.2% | 0.0% |  | 45.3% |  | 19.8% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 12/04/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000171 SALISBURY STEAK | EACH | 1 | 170 | 4.50 | 600 | 1 | \*N/A\* | 12.00 | 0.50 | 55 | 3.00 | 1.00 | 14.00 | 0 | 0.0 | 4.20 | 1.98 | | 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 | | 000440 POTATOES, MASHED | 1/2 CUP | 1 | 70 | 0.00 | 281 | \*1 | \*N/A\* | 0.70 | 0.00 | 0 | 13.94 | 1.39 | 1.39 | 0 | 9.6 | 6.27 | 0.21 | | 000089 GRAVY, BEEF (1 OZ) | OZ | 1 | 10 | 0.00 | 135 | \*0 | \*N/A\* | 0.26 | 0.00 | 0 | 1.55 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 | | 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 | | 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | Weighted Daily Average |  |  | 1317 | 12.50 | 2124 | \*48 | \*0 | 55.06 | 0.50 | 63 | 151.78 | 13.30 | 62.22 | \*1002 | 456.1 | \*19.98 | 7.39 | | % of Calories |  |  |  | 8.54% |  | \*14.6% | \*0% | 37.6% | 0.3% |  | 46.1% |  | 18.9% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 12/05/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000020 FRENCH TOAST STICKS (M/HS) | SERVING (4 PC) | 1 | 277 | 1.66 | 332 | 8 | \*N/A\* | 9.96 | 0.00 | 0 | 40.94 | 3.32 | 6.64 | 332 | 44.3 | 5.31 | 2.10 | | 000349 SYRUP,MAPLE | TBSP | 1 | 56 | 0.00 | 24 | 9 | \*N/A\* | 0.02 | 0.00 | 0 | 13.92 | 0.00 | 0.00 | 2 | 0.0 | 0.36 | 0.00 | | 000107 SAUSAGE PATTY (1 EACH) | EACH | 1 | 70 | 1.50 | 260 | 0 | \*N/A\* | 5.00 | 0.00 | 25 | 0.00 | 0.00 | 7.00 | 0 | 0.0 | 0.00 | 0.36 | | 000447 POTATO, TRI-TATER | EACH | 1 | 100 | 0.50 | 280 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 14.00 | 1.00 | 1.00 | 0 | 0.0 | 1.80 | 0.00 | | 000639 FRUITABLES | EACH | 1 | 60 | 0.00 | 15 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 14.00 | 0.00 | 0.00 | 500 | 0.0 | 60.00 | 0.00 | | 000105 BANANA | EACH | 1 | 105 | 0.00 | 1 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 27.00 | 3.00 | 1.00 | 100 | 10.0 | 10.20 | 0.36 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | Weighted Daily Average |  |  | 1543 | 11.57 | 1888 | \*78 | \*0 | 60.03 | 0.00 | 33 | 202.52 | 13.32 | 56.48 | \*1759 | 469.8 | \*78.87 | 6.91 | | % of Calories |  |  |  | 6.75% |  | \*20.2% | \*0% | 35.0% | 0.0% |  | 52.5% |  | 14.6% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 12/06/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000188 CHICKEN, MANDARIN ORANGE | 1/2 CUP | 1 | 170 | 0.50 | 361 | 13 | \*N/A\* | 3.00 | 0.00 | 40 | 23.00 | 0.00 | 11.00 | \*N/A\* | 0.0 | 1.20 | 0.72 | | 990091 RICE, STIR FRIED | 1/3 CUP | 1 | 108 | 0.29 | 200 | \*1 | \*N/A\* | 2.54 | 0.00 | 0 | 18.53 | 0.87 | 2.06 | 342 | 1.9 | 0.00 | 0.33 | | 990097 BROCCOLI, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 20 | 0.03 | 19 | \*N/A\* | \*N/A\* | 0.23 | 0.00 | 0 | 3.73 | 2.34 | 2.19 | 807 | 43.7 | 43.99 | 0.63 | | 990051 MANDARIN ORANGES (1/2 CUP) | 1/2 CUP | 1 | 73 | 0.00 | 8 | 18 | \*N/A\* | 0.00 | 0.00 | 0 | 18.63 | 0.81 | 0.81 | 0 | 0.0 | 0.00 | 0.40 | | 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1268 | 8.76 | 1485 | \*71 | \*0 | 46.53 | 0.00 | 48 | 160.97 | 12.48 | 57.72 | \*16555 | 490.2 | \*50.38 | 6.44 | | % of Calories |  |  |  | 6.22% |  | \*22.4% | \*0% | 33.0% | 0.0% |  | 50.8% |  | 18.2% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 12/07/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000215 TACO BEEF, WALKING | 1/3 CUP | 1 | 232 | 4.06 | 401 | \*2 | \*N/A\* | 14.28 | 2.03 | 53 | 9.10 | 2.19 | 19.18 | 615 | 45.7 | 2.00 | 0.72 | | 990145 CHIPS, DORITOS | BAG | 1 | 130 | 1.00 | 200 | 1 | \*N/A\* | 5.00 | 0.00 | 0 | 20.00 | 2.00 | 2.00 | \*N/A\* | 38.0 | \*N/A\* | 0.00 | | 990061 TACO CHEESE | OZ | 1 | 91 | 4.05 | 213 | 0 | \*N/A\* | 6.07 | 0.00 | 20 | 1.01 | 0.00 | 7.09 | 0 | 0.0 | 0.00 | 0.00 | | 000343 TOMATOES, DICED | 1/8 CUP | 1 | 5 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.06 | 0.00 | 0 | 1.10 | 0.34 | 0.25 | 236 | 2.8 | 3.88 | 0.08 | | 001051 SALSA | TBSP | 1 | 5 | 0.00 | 16 | \*N/A\* | \*N/A\* | 0.03 | 0.00 | 0 | 0.99 | 0.19 | 0.21 | 78 | 1.7 | 0.57 | 0.32 | | 000103 TACO LETTUCE (ROMAINE) | 1/4 CUP | 1 | 9 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 9.45 | 0.00 | 4725 | 0.0 | 11.34 | 0.00 | | 000172 BEANS, REFRIED (1/2 CUP) | 1/2 CUP | 1 | 118 | 0.60 | 140 | \*N/A\* | \*N/A\* | 1.60 | 0.00 | 10 | 19.57 | 6.70 | 6.92 | 0 | 44.0 | 7.60 | 2.09 | | 000478 POTATO, ROUNDS (LUNCH) | SERVING(10) | 1 | 156 | 2.30 | 304 | \*N/A\* | \*N/A\* | 8.28 | \*N/A\* | \*N/A\* | 18.40 | 1.84 | 1.84 | 0 | 0.0 | 3.31 | 0.66 | | 000086 ORANGE, FRESH (HALF) | HALF | 1 | 45 | 0.02 | 0 | \*N/A\* | \*N/A\* | 0.12 | 0.00 | 0 | 11.28 | 2.30 | 0.90 | 216 | 38.4 | 51.07 | 0.10 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1654 | 19.96 | 2112 | \*37 | \*0 | 75.99 | \*2.03 | \*91 | 170.12 | 31.02 | 79.22 | \*6595 | 586.2 | \*79.77 | 8.05 | | % of Calories |  |  |  | 10.86% |  | \*8.9% | \*0% | 41.3% | \*1.1% |  | 41.1% |  | 19.2% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 12/08/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000609 PIZZA CRUCHER (ELEM/MS) | SERVING (4) | 1 | 420 | 8.00 | 770 | 4 | \*N/A\* | 20.00 | 0.50 | 30 | 41.00 | 5.00 | 20.00 | 500 | 420.0 | 2.40 | 2.40 | | 990224 Fresh Green Beans | 3/4 Cup | 1 | 23 | 0.00 | 4 | 2 | \*N/A\* | 0.30 | 0.00 | \*N/A\* | 5.20 | 2.00 | 1.40 | \*N/A\* | 28.0 | \*N/A\* | 0.80 | | 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 | | 990262 Chips, SUn, Harvest Cheddar | Bag | 1 | 140 | 0.50 | 170 | 2 | 0 | 6.00 | 0.00 | 0 | 19.00 | 2.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 | | 000278 SIDEKICKS FROZEN FRUIT JUICE | EACH | 1 | 80 | 0.00 | 45 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 20.00 | \*N/A\* | \*N/A\* | 1000 | 80.0 | 60.00 | 0.36 | | 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1856 | 18.89 | 2341 | \*44 | \*0 | 84.75 | 0.50 | \*38 | 208.90 | \*19.40 | \*75.82 | \*2346 | 995.0 | \*64.51 | 11.37 | | % of Calories |  |  |  | 9.16% |  | \*9.5% | \*0% | 41.1% | 0.2% |  | 45.0% |  | \*16.3% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 12/11/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000206 CHICKEN & GRAVY (ELEM/MS) | 1/3 CUP | 1 | 142 | 1.48 | 509 | \*1 | \*N/A\* | 5.90 | 0.00 | 66 | 1.18 | 0.02 | 20.82 | 39 | 12.4 | 0.00 | 0.86 | | 990059 NOODLES, BUTTER (ELEM/MS) | 3/4 CUP | 1 | 160 | 3.98 | 57 | \*N/A\* | \*N/A\* | 7.02 | 0.00 | 39 | 20.32 | 0.94 | 4.10 | 195 | 11.7 | 0.00 | 1.14 | | 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 | | 990058 PEAS (3/4 CUP) | 3/4 CUP | 1 | 88 | 0.08 | 279 | \*N/A\* | \*N/A\* | 0.51 | 0.00 | 0 | 16.06 | 5.23 | 5.61 | 979 | 25.5 | 11.60 | 1.21 | | 990032 PEARS (1/2 CUP) | 1/2 CUP | 1 | 50 | 0.00 | 10 | 12 | \*N/A\* | 0.00 | 0.00 | 0 | 16.00 | 2.00 | 0.00 | \*N/A\* | 10.0 | 2.40 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1382 | 13.45 | 1821 | \*50 | \*0 | 54.98 | 0.00 | 113 | 156.22 | 16.18 | 74.36 | \*1938 | 495.2 | \*14.00 | 8.03 | | % of Calories |  |  |  | 8.76% |  | \*14.5% | \*0% | 35.8% | 0.0% |  | 45.2% |  | 21.5% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 12/12/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 990179 Pub Burger w/cheese | 1 Each | 1 | 220 | 7.50 | 450 | 1 | \*N/A\* | 16.25 | 0.00 | 62 | 1.00 | 0.00 | 18.00 | 100 | 75.0 | 0.00 | 1.08 | | 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 | | 000142 ROMAINE (2oz) & TOMATO (1oz) | OZ | 1 | 4 | 0.00 | 19 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.29 | 2.42 | 0.06 | 1199 | 2.3 | 3.71 | 0.00 | | 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 | | 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 | | 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | 000451 MUSTARD, YELLOW | TBSP | 1 | 11 | 0.03 | 188 | \*N/A\* | \*N/A\* | 0.66 | 0.00 | 0 | 0.96 | 0.15 | 0.70 | 0 | 12.6 | 0.00 | 0.30 | | 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 | | Weighted Daily Average |  |  | 1487 | 15.97 | 2035 | \*59 | \*0 | 63.17 | 0.00 | 70 | 169.34 | 16.03 | 68.42 | \*16812 | 609.9 | \*14.10 | 8.14 | | % of Calories |  |  |  | 9.67% |  | \*15.9% | \*0% | 38.2% | 0.0% |  | 45.6% |  | 18.4% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 12/13/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000117 SPAGHETTI NOODLES (HS) | CUP | 1 | 180 | 0.00 | 0 | 2 | \*N/A\* | 1.50 | 0.00 | 0 | 39.00 | 6.00 | 8.00 | 0 | 0.0 | 0.00 | 3.60 | | 990070 SPAGHETTI SAUCE (MS/HS) | 1/2 CUP | 1 | 211 | 4.10 | 435 | \*0 | \*N/A\* | 13.71 | 2.05 | 53 | 6.50 | 0.04 | 14.35 | 570 | 13.2 | 0.13 | 0.63 | | 990268 Garlic Knot | each | 1 | 170 | 1.50 | 190 | 3 | 0 | 6.00 | 0.00 | 0 | 27.00 | 3.00 | 5.00 | \*N/A\* | 12.0 | \*N/A\* | 2.00 | | 000199 SALAD, SIDE | CUP | 1 | 38 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 37.80 | 0.00 | 18900 | 0.0 | 45.36 | 0.00 | | 000036 SALAD DRESSING | 1 TBSP | 1 | 37 | 0.53 | 148 | 0 | \*N/A\* | 3.70 | 0.00 | 5 | 0.53 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | | 990072 APPLES, CINNAMON (1/2 CUP) | 1/2 CUP | 1 | 68 | 0.00 | 0 | \*11 | \*N/A\* | 0.02 | 0.00 | 0 | 17.28 | 3.73 | 0.05 | 7 | 20.1 | 5.11 | 0.11 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1565 | 14.04 | 1610 | \*50 | \*0 | 65.48 | 2.05 | 67 | 178.98 | 56.56 | 68.24 | \*20201 | 460.9 | \*50.60 | 10.43 | | % of Calories |  |  |  | 8.07% |  | \*12.8% | \*0% | 37.7% | 1.2% |  | 45.7% |  | 17.4% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 12/14/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 990250 Chicken Wings, Wayne Farms New | 5 | 1 | 140 | 2.50 | 530 | 0 | 0 | 8.00 | 0.00 | 60 | 3.00 | 0.00 | 13.00 | 0 | 12.0 | 0.00 | 1.00 | | 000487 POTATOES, FRENCH FRIES, BAKED | 1/2 CUP | 1 | 120 | 0.50 | 40 | 0 | \*N/A\* | 3.50 | 0.00 | 0 | 20.00 | 1.00 | 2.00 | 0 | 10.0 | 0.00 | 0.60 | | 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 | | 990029 FRUIT MIX, CND (1/2 CUP) | 1/2 CUP | 1 | 70 | 0.00 | 0 | 15 | \*N/A\* | 0.00 | 0.00 | 0 | 17.00 | 1.00 | 0.00 | 5 | 5.0 | 4.00 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | | 000106 OATMEAL CHOCOLATE CHIP COOKIE | EACH | 1 | 172 | 1.77 | 237 | \*N/A\* | \*N/A\* | 8.34 | 0.00 | 0 | 22.75 | 0.93 | 2.16 | 325 | 13.5 | 0.02 | 0.70 | | Weighted Daily Average |  |  | 1425 | 13.18 | 2098 | \*49 | \*0 | 63.90 | 0.00 | 73 | 158.31 | 10.13 | 58.60 | \*1275 | 480.0 | \*5.94 | 7.04 | | % of Calories |  |  |  | 8.32% |  | \*13.8% | \*0% | 40.4% | 0.0% |  | 44.4% |  | 16.4% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 12/15/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000576 BREADSTIX,CHEESE FILLED(3) | SERVING(3EA) | 1 | 435 | 9.00 | 735 | 8 | \*N/A\* | 16.50 | 0.00 | 45 | 45.00 | 3.00 | 28.50 | 600 | 540.0 | 0.00 | 2.85 | | 000656 MARINARA SAUCE | OZ | 1 | 11 | 0.00 | 86 | 1 | \*N/A\* | 0.33 | 0.00 | 0 | 1.77 | 0.00 | 0.44 | 0 | 4.7 | 0.00 | 0.22 | | 000628 CHIP, CHEETOS Baked | BAG | 1 | 120 | 1.00 | 200 | 1 | \*N/A\* | 4.50 | 0.00 | 0 | 16.00 | 1.00 | 2.00 | 0 | 20.0 | 0.00 | 0.40 | | 990253 Broccoli Littles | 5 | 1 | 130 | 1.00 | 290 | 1 | 0 | 7.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | \*N/A\* | 20.0 | \*N/A\* | 0.20 | | 000002 YOGURT CUP, VANILLA, FRZ (4OZ) | EACH | 1 | 100 | 1.50 | 75 | 17 | \*N/A\* | 2.00 | 0.00 | 5 | 17.00 | 0.00 | 3.00 | 100 | 100.0 | 0.00 | 0.36 | | 990077 STRAWBERRIES, FRZ (1/2 CUP) | 1/2 CUP | 1 | 73 | 0.00 | 1 | 14 | \*N/A\* | 0.00 | 0.00 | 0 | 18.63 | 1.62 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1730 | 20.41 | 2224 | \*76 | \*0 | 70.88 | 0.00 | 58 | 201.07 | 13.62 | 77.78 | \*1425 | 1100.2 | \*0.00 | 8.12 | | % of Calories |  |  |  | 10.62% |  | \*17.6% | \*0% | 36.9% | 0.0% |  | 46.5% |  | 18.0% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 12/18/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 990269 Chicken Strips Whole Muscle | 3 | 1 | 230 | 1.50 | 460 | 1 | 0 | 8.00 | 0.00 | 55 | 20.00 | 3.00 | 21.00 | \*N/A\* | 20.0 | \*N/A\* | 1.20 | | 990165 ROLL, DINNER, POG | Each | 1 | 80 | 0.00 | 130 | 3 | \*N/A\* | 1.00 | 0.00 | 0 | 14.00 | 2.00 | 3.00 | 0 | 20.0 | 0.00 | 0.72 | | 000440 POTATOES, MASHED | 1/2 CUP | 1 | 70 | 0.00 | 281 | \*1 | \*N/A\* | 0.70 | 0.00 | 0 | 13.94 | 1.39 | 1.39 | 0 | 9.6 | 6.27 | 0.21 | | 990041 CORN (1/2 CUP) | 1/2 CUP | 1 | 66 | 0.08 | 1 | \*N/A\* | \*N/A\* | 0.55 | 0.00 | 0 | 15.83 | 2.00 | 2.09 | 163 | 2.0 | 2.90 | 0.39 | | 990040 PEACHES (1/2 CUP) | 1/2 CUP | 1 | 45 | 0.00 | 0 | 9 | \*N/A\* | 0.00 | 0.00 | 0 | 10.80 | 0.90 | 0.90 | 14 | 8.1 | 5.40 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 | | 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | Weighted Daily Average |  |  | 1432 | 10.00 | 2104 | \*54 | \*0 | 54.30 | 0.00 | 68 | 174.73 | 15.30 | 69.22 | \*1052 | 475.3 | \*16.38 | 6.61 | | % of Calories |  |  |  | 6.28% |  | \*15.1% | \*0% | 34.1% | 0.0% |  | 48.8% |  | 19.3% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 12/19/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000360 McRIB | 1 EACH | 1 | 160 | 3.50 | 390 | 5 | \*N/A\* | 10.00 | 0.00 | 30 | 8.00 | 1.00 | 12.00 | 100 | 40.0 | 1.10 | 1.08 | | 990171 Bun, Hoagie, POG | Each | 1 | 160 | 0.00 | 260 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 4.00 | 6.00 | \*N/A\* | 70.0 | \*N/A\* | 2.00 | | 001065 PEAS (1/2 CUP) | 1/2 CUP | 1 | 59 | 0.05 | 186 | \*N/A\* | \*N/A\* | 0.34 | 0.00 | 0 | 10.71 | 3.48 | 3.74 | 653 | 17.0 | 7.74 | 0.81 | | 990048 BEANS, BAKED (1/2 CUP) | 1/2 CUP | 1 | 198 | 0.00 | 234 | \*7 | \*N/A\* | 0.99 | 0.00 | 0 | 39.29 | 4.83 | 4.86 | 64 | 8.5 | 0.97 | 0.08 | | 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | 000338 BBQ SAUCE | TBSP | 1 | 30 | 0.00 | 115 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.00 | 0.00 | 0.00 | 50 | 0.0 | 0.60 | 0.00 | | Weighted Daily Average |  |  | 1508 | 11.47 | 2167 | \*63 | \*0 | 53.88 | 0.00 | 38 | 194.67 | 20.32 | 67.44 | \*1692 | 556.1 | \*12.80 | 8.06 | | % of Calories |  |  |  | 6.85% |  | \*16.7% | \*0% | 32.2% | 0.0% |  | 51.6% |  | 17.9% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 12/20/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 990177 Louisiana Chicken Fillet | each | 1 | 210 | 1.00 | 590 | 0 | \*N/A\* | 6.00 | 0.00 | 50 | 19.00 | 1.00 | 18.00 | 0 | \*N/A\* | \*N/A\* | 1.44 | | 990156 BUN, HAMBURGER, POG | EACH | 1 | 150 | 0.00 | 250 | 5 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 60.0 | 0.00 | 1.80 | | 990124 CARROTS, BABY (1/2 CUP) | 1/2 CUP | 1 | 36 | 0.03 | 61 | 4 | \*N/A\* | 0.21 | 0.00 | 0 | 8.42 | 2.46 | 0.82 | 14682 | 29.0 | 5.18 | 0.26 | | 990049 POTATO, CURLY | 1/2 CUP | 1 | 107 | 1.33 | 280 | 1 | \*N/A\* | 5.33 | 0.00 | 0 | 13.33 | 1.33 | 1.33 | 0 | 13.3 | 3.20 | 0.73 | | 000133 APPLESAUCE CUP | EACH (4 OZ) | 1 | 44 | 0.00 | 13 | 11 | \*N/A\* | 0.00 | 0.00 | 0 | 12.44 | 0.89 | 0.89 | 53 | 888.9 | 0.00 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 000082 PEANUT B&J Uncrustable | EACH | 1 | 300 | 3.50 | 270 | 15 | \*N/A\* | 16.00 | 0.00 | 0 | 32.00 | 4.00 | 9.00 | \*N/A\* | 43.0 | \*N/A\* | 1.00 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | 000335 KETCHUP | TBSP | 1 | 15 | 0.00 | 140 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 4.00 | 0.00 | 0.00 | 100 | 0.0 | 1.20 | 0.00 | | 000476 RANCH,CONDIMENT | TBSP | 1 | 35 | 0.50 | 140 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 0.50 | 0.00 | 0.00 | 0 | 0.0 | 0.00 | 0.00 | | 990045 PICKLES, SLICED | 4 EACH | 1 | 1 | 0.00 | 50 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 1 | 0.4 | 0.00 | 0.00 | | Weighted Daily Average |  |  | 1459 | 10.78 | 2361 | \*55 | \*0 | 57.60 | 0.00 | 63 | 175.36 | 14.68 | 67.88 | \*15561 | \*1407.2 | \*9.58 | 8.33 | | % of Calories |  |  |  | 6.65% |  | \*15.1% | \*0% | 35.5% | 0.0% |  | 48.1% |  | 18.6% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 12/21/2023** | | |  | |  | | --- | | **MS Nutritional Information Dec 2023** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | Portion  Size | Reimb  Qty | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars  (g) | Added Sugars  (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst  (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | 000218 COOK'S CHOICE | EACH | 1 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | | 000352 CHIPS, SUN | EACH | 1 | 140 | 1.00 | 120 | \*N/A\* | \*N/A\* | 6.00 | 0.00 | 0 | 18.00 | 2.00 | 2.00 | 0 | 0.0 | 0.00 | 0.36 | | 990086 COOK'S CHOICE VEGETABLE (1/2 CUP) | 1/2 CUP | 1 | 12 | 0.00 | 174 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 2.40 | 1.20 | 0.60 | 120 | 24.0 | 0.72 | 0.65 | | 990087 COOK'S CHOICE FRUIT (1/2 CUP) | 1/2 CUP | 1 | 25 | 0.00 | 5 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.00 | 1.00 | 0.00 | \*N/A\* | 5.0 | 1.20 | 0.00 | | 000645 MILK - Variety | HALF PTS | 1 | 104 | 0.45 | 174 | 15 | \*N/A\* | 0.75 | 0.00 | 8 | 15.80 | 0.00 | 8.00 | 725 | 294.0 | 0.00 | 0.10 | | 990239 PB & J Homemade | each | 1 | 595 | 5.98 | 605 | \*10 | \*N/A\* | 33.90 | 0.00 | 0 | 56.64 | 6.20 | 19.98 | 1 | 55.5 | 0.19 | 3.48 | | 000237 PEANUT B SANDWICH | EACH | 1 | 457 | 3.96 | 393 | \*4 | \*N/A\* | 23.80 | 0.00 | 0 | 40.86 | 2.00 | 23.84 | 0 | 78.6 | 0.00 | 2.99 | | Weighted Daily Average |  |  | 1333 | 11.39 | 1471 | \*35 | \*0 | 64.45 | 0.00 | 8 | 141.70 | 12.40 | 54.42 | \*846 | 457.0 | 2.11 | 7.57 | | % of Calories |  |  |  | 7.69% |  | \*10.5% | \*0% | 43.5% | 0.0% |  | 42.5% |  | 16.3% |  |  |  |  | | Weekly Nutrient Guideline |  |  | 600 - 700 | <10 | 1225 |  |  | <=0 |  |  |  |  |  |  |  |  |  | | | | |  | |  | | | |  |  |  | | --- | --- | --- | |  |  |  | |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  |  | Cals¹ (kcal) | S-Fat¹ (g) | Sodm¹ (mg) | Total Sugars (g) | Added Sugars (g) | T-Fat  (g) | Tr-Fat² (g) | Cholst (mg) | Carb  (g) | Fiber  (g) | Protn  (g) | VIt-A  (IU) | Calcm  (mg) | Vit-C  (mg) | Iron  (mg) | | Weighted Averages |  | 1532 | 14 | 2030 | \*55 | \*0 | 63.63 | \*0.34 | \*61 | 178.24 | \*19.15 | \*69.20 | \*6968 | \*682.9 | \*28.48 | 8.34 | | % of Calories |  |  | 8.30% |  | \*14.4% | \*0% | 37.4% | \*0.2% |  | 46.5% |  | \*18.1% |  |  |  |  | |  | |  |  |  | | | ***\*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.*** | | | |  |