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10/02/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990187 Proview Buffalo Chicken Bites | 4 Each | 1 | 260 | 1.50 | 640 | 0 | \*N/A\* | 15.00 | 0.00 | 45 | 14.00 | 2.00 | 19.00 | 300 | 20.0 | 1.20 | 1.44 | $0.000 | | 990236 Chicken Nugget Chunks Proview (5) | Each | 1 | 199 | 1.24 | 534 | 0 | \*N/A\* | 4.97 | 0.00 | 50 | 18.64 | 1.24 | 21.12 | 124 | 24.8 | 1.49 | 1.79 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000581 GRAVY, CHICKEN (1 OZ) | OZ | 1 | 11 | 0.00 | 128 | \*0 | \*N/A\* | 0.21 | 0.00 | 0 | 1.69 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 | $0.000 | | 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 | $0.000 | | 000437 PEACHES (1 CUP) | CUP | 1 | 90 | 0.00 | 0 | 18 | \*N/A\* | 0.00 | 0.00 | 0 | 21.60 | 1.80 | 1.80 | 27 | 16.2 | 10.80 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1731 | 10.74 | 2821 | \*59 | \*0 | 63.98 | 0.00 | 103 | 206.36 | 18.44 | 92.24 | \*1439 | 529.1 | \*23.87 | 9.36 | $0.000 | | % of Calories |  |  |  | 5.58% |  | \*13.6% | \*0% | 33.3% | 0.0% |  | 47.7% |  | 21.3% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 10/03/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990166 Wild Mike's Cheese Bites | Serv(4EA) | 1 | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1295 | 11.94 | 1703 | \*60 | \*0 | 53.09 | 0.00 | 28 | 154.25 | 15.66 | 58.70 | \*15932 | 723.2 | \*11.10 | 6.66 | $0.000 | | % of Calories |  |  |  | 8.30% |  | \*18.5% | \*0% | 36.9% | 0.0% |  | 47.6% |  | 18.1% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 10/04/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990154 PHILLY BEEF | 3 OZ | 1 | 243 | 8.10 | 506 | 2 | \*N/A\* | 21.26 | 0.51 | 46 | 4.05 | 0.00 | 9.11 | 101 | 20.2 | 1.22 | 1.09 | $0.000 | | 990143 QUESO BLANCO | 2 OZ | 1 | 118 | 5.30 | 433 | 0 | \*N/A\* | 9.00 | 0.00 | 30 | 2.00 | 0.00 | 7.00 | 400 | 202.0 | 0.00 | 0.00 | $0.000 | | 990118 LETTUCE, SHRD (1/4 CUP) | 1/4 CUP | 1 | 76 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.00 | 0.00 | 0 | 0.00 | 75.60 | 0.00 | 37799 | 0.0 | 90.72 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990267 Kiwi | 3.5oz | 1 | 61 | 0.03 | 3 | \*N/A\* | \*N/A\* | 0.52 | 0.00 | 0 | 14.55 | 2.98 | 1.13 | 86 | 33.7 | 91.98 | 0.31 | $0.000 | | 990035 GRAPES (1/2 CUP) | 1/2 CUP | 1 | 31 | 0.05 | 1 | \*N/A\* | \*N/A\* | 0.16 | 0.00 | 0 | 7.89 | 0.41 | 0.29 | 46 | 6.4 | 1.84 | 0.13 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1604 | 21.40 | 2204 | \*43 | \*0 | 72.51 | 0.51 | 84 | 159.83 | 91.21 | 64.05 | \*39420 | 712.2 | \*188.01 | 6.67 | $0.000 | | % of Calories |  |  |  | 12.01% |  | \*10.7% | \*0% | 40.7% | 0.3% |  | 39.9% |  | 16.0% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 10/05/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 990141 GARLIC TOAST | EACH | 1 | 160 | 2.50 | 270 | 1 | \*N/A\* | 9.00 | 0.00 | 0 | 16.00 | 0.58 | 3.00 | 0 | 0.0 | 0.00 | 1.08 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000657 APPLES, SLICED, BAGGED | EACH | 1 | 29 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 7.71 | 1.36 | 0.00 | 23 | 4.5 | 2.72 | 0.08 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1553 | 15.04 | 1869 | \*49 | \*0 | 68.46 | 2.05 | 67 | 168.80 | 53.98 | 66.79 | \*20337 | 462.3 | \*50.13 | 10.13 | $0.000 | | % of Calories |  |  |  | 8.72% |  | \*12.6% | \*0% | 39.7% | 1.2% |  | 43.5% |  | 17.2% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 10/06/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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\* | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990215 Cherry Craisins | Bag | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1476 | 11.44 | 1390 | \*64 | \*0 | 64.76 | 0.00 | 8 | 177.22 | 17.46 | 55.04 | \*15458 | \*482.0 | \*7.97 | \*7.31 | $0.000 | | % of Calories |  |  |  | 6.98% |  | \*17.3% | \*0% | 39.5% | 0.0% |  | 48.0% |  | 14.9% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 10/09/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 000457 CHICKEN & GRAVY (HS) | 1/2 CUP | 1 | 213 | 2.22 | 763 | \*1 | \*N/A\* | 8.85 | 0.00 | 99 | 1.77 | 0.02 | 31.23 | 59 | 18.6 | 0.00 | 1.29 | $0.000 | | 000458 NOODLES, BUTTER (HS) | CUP | 1 | 214 | 5.31 | 76 | \*N/A\* | \*N/A\* | 9.36 | 0.00 | 52 | 27.09 | 1.25 | 5.46 | 260 | 15.6 | 0.00 | 1.53 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000438 PEARS (1 CUP) | CUP | 1 | 100 | 0.00 | 20 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 32.00 | 4.00 | 0.00 | \*N/A\* | 20.0 | 4.80 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1568 | 15.52 | 2278 | \*62 | \*0 | 60.27 | 0.00 | 159 | 181.98 | 19.71 | 86.74 | \*2143 | 539.3 | \*17.12 | 9.49 | $0.000 | | % of Calories |  |  |  | 8.91% |  | \*15.8% | \*0% | 34.6% | 0.0% |  | 46.4% |  | 22.1% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 10/10/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990257 Cheeseburger Roller Dog | Each | 1 | 370 | 8.00 | 860 | 7 | 0 | 19.00 | 0.00 | 45 | 33.00 | 4.00 | 18.00 | \*0 | 180.0 | \*0.00 | 2.16 | $0.000 | | 990155 HOT DOG BUN, POG | EACH | 1 | 160 | 0.00 | 250 | 6 | \*N/A\* | 2.00 | 0.00 | 0 | 29.00 | 3.00 | 6.00 | 0 | 80.0 | 0.00 | 1.08 | $0.000 | | 990062 PINEAPPLE, CND (1/2 CUP) | 1/2 CUP | 1 | 72 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.11 | 0.00 | 0 | 19.80 | 0.90 | 0.32 | 0 | 12.6 | 0.00 | 0.36 | $0.000 | | 990243 Cranberries Dried | Each | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | $0.000 | | 990064 MIX VEGETABLES, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.00 | 4 | 0 | \*N/A\* | 0.00 | 0.00 | 0 | 1.00 | 0.50 | 0.25 | 0 | 2.5 | 6.00 | 0.09 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990259 Sweet Pickle Relish | TBSP | 1 | 20 | 0.01 | 124 | \*N/A\* | \*N/A\* | 0.07 | 0.00 | 0 | 5.37 | 0.17 | 0.06 | 187 | 0.5 | 0.15 | 0.13 | $0.000 | | 990260 Diced Onions | TBSP | 1 | 4 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.01 | 0.00 | 0 | 0.93 | 0.17 | 0.11 | 0 | 2.3 | 0.74 | 0.02 | $0.000 | | Weighted Daily Average |  |  | 1937 | 18.44 | 2913 | \*66 | \*0 | 80.30 | 0.00 | 53 | 237.76 | 21.28 | 77.87 | \*1133 | \*742.5 | \*9.00 | \*11.36 | $0.000 | | % of Calories |  |  |  | 8.57% |  | \*13.6% | \*0% | 37.3% | 0.0% |  | 49.1% |  | 16.1% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 10/11/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990101 ORANGE, FRESH (WHOLE) | WHOLE | 1 | 180 | 0.08 | 0 | \*N/A\* | \*N/A\* | 0.46 | 0.00 | 0 | 45.12 | 9.22 | 3.61 | 864 | 153.6 | 204.29 | 0.38 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1699 | 19.42 | 1972 | \*37 | \*0 | 74.73 | \*2.03 | \*81 | 184.39 | 59.58 | 75.01 | \*21417 | 657.4 | \*259.41 | 6.25 | $0.000 | | % of Calories |  |  |  | 10.29% |  | \*8.7% | \*0% | 39.6% | \*1.1% |  | 43.4% |  | 17.7% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 10/12/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 000623 ONION RING (MS/HS) | SERVING(7) | 1 | 280 | 2.10 | 280 | 7 | \*N/A\* | 11.20 | 0.00 | 0 | 39.20 | 4.20 | 4.20 | 0 | 140.0 | 3.36 | 1.51 | $0.000 | | 990254 Steak Fries | 6 | 1 | 159 | 1.50 | 274 | 1 | 0 | 6.00 | 0.10 | 0 | 23.80 | 2.40 | 2.50 | \*N/A\* | 15.5 | \*N/A\* | 0.50 | $0.000 | | 990069 CUCUMBER, FRESH (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.01 | 1 | \*N/A\* | \*N/A\* | 0.11 | 0.00 | 0 | 1.44 | 0.47 | 0.39 | 48 | 9.3 | 2.13 | 0.15 | $0.000 | | 000419 FRUIT MIX, CND (1 CUP) | CUP | 1 | 140 | 0.00 | 0 | 30 | \*N/A\* | 0.00 | 0.00 | 0 | 34.00 | 2.00 | 0.00 | 10 | 10.0 | 8.00 | 0.00 | $0.000 | | 000392 DELIGHT DESSERT | PIECE | 1 | 150 | 0.92 | 151 | \*N/A\* | \*N/A\* | 5.20 | 0.00 | 2 | 21.00 | 0.03 | 4.20 | 201 | 112.2 | 0.63 | 0.06 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1818 | 15.45 | 2469 | \*78 | \*0 | 74.55 | 0.10 | 75 | 222.60 | 15.10 | 65.13 | \*1134 | 714.6 | \*15.92 | 7.31 | $0.000 | | % of Calories |  |  |  | 7.65% |  | \*17.2% | \*0% | 36.9% | 0.0% |  | 49.0% |  | 14.3% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 10/13/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990260 Diced Onions | TBSP | 1 | 4 | 0.00 | 0 | \*N/A\* | \*N/A\* | 0.01 | 0.00 | 0 | 0.93 | 0.17 | 0.11 | 0 | 2.3 | 0.74 | 0.02 | $0.000 | | Weighted Daily Average |  |  | 1642 | 16.95 | 2319 | \*46 | \*0 | 68.97 | 0.00 | 70 | 193.25 | \*16.94 | \*70.31 | \*3245 | 687.2 | \*67.57 | 9.26 | $0.000 | | % of Calories |  |  |  | 9.29% |  | \*11.2% | \*0% | 37.8% | 0.0% |  | 47.1% |  | \*17.1% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 10/16/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 000566 SLOPPY JOE (HS) | 4 OZ (1/2CUP) | 1 | 222 | 4.67 | 293 | \*0 | \*N/A\* | 14.35 | 2.32 | 60 | 7.03 | 0.22 | 16.81 | \*85 | \*12.9 | \*1.83 | \*0.23 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990073 MIXED VEGGIES & CHEESE (1/2 CUP) | 1/2 CUP | 1 | 45 | 1.26 | 116 | \*0 | \*N/A\* | 2.20 | 0.00 | 8 | 2.55 | 1.00 | 2.42 | 107 | 562.7 | 67.77 | 0.18 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1481 | 15.21 | 2173 | \*57 | \*0 | 65.10 | 2.32 | 76 | 165.98 | 13.59 | 69.00 | \*1071 | \*1971.3 | \*75.20 | \*7.33 | $0.000 | | % of Calories |  |  |  | 9.24% |  | \*15.4% | \*0% | 39.6% | 1.4% |  | 44.8% |  | 18.6% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 10/17/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 000572 CHICKEN, POPCORN,CKD (HS) | 12 | 1 | 270 | 2.50 | 630 | 0 | \*N/A\* | 13.00 | 0.00 | 70 | 20.00 | 3.00 | 19.00 | 0 | 20.0 | 0.00 | 1.44 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000437 PEACHES (1 CUP) | CUP | 1 | 90 | 0.00 | 0 | 18 | \*N/A\* | 0.00 | 0.00 | 0 | 21.60 | 1.80 | 1.80 | 27 | 16.2 | 10.80 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1911 | 13.59 | 2999 | \*48 | \*0 | 80.09 | 0.00 | 104 | 223.09 | 20.39 | 86.18 | 343 | 258.7 | 22.18 | 11.56 | $0.000 | | % of Calories |  |  |  | 6.40% |  | \*10.0% | \*0% | 37.7% | 0.0% |  | 46.7% |  | 18.0% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 10/18/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 990046 SAUSAGE PATTY (2 EACH) | 2 EACH | 1 | 140 | 3.00 | 520 | 0 | \*N/A\* | 10.00 | 0.00 | 50 | 0.00 | 0.00 | 14.00 | 0 | 0.0 | 0.00 | 0.72 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 2097 | 16.12 | 2907 | \*80 | \*0 | 86.57 | 0.00 | 87 | 251.88 | 17.52 | 89.53 | 1662 | 539.1 | 78.07 | 12.08 | $0.000 | | % of Calories |  |  |  | 6.92% |  | \*15.3% | \*0% | 37.2% | 0.0% |  | 48.0% |  | 17.1% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 10/19/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990101 ORANGE, FRESH (WHOLE) | WHOLE | 1 | 180 | 0.08 | 0 | \*N/A\* | \*N/A\* | 0.46 | 0.00 | 0 | 45.12 | 9.22 | 3.61 | 864 | 153.6 | 204.29 | 0.38 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1903 | 18.37 | 2372 | \*44 | \*0 | 72.25 | 2.03 | 121 | 230.10 | 40.09 | 97.25 | \*7408 | 760.2 | \*232.79 | 10.41 | $0.000 | | % of Calories |  |  |  | 8.69% |  | \*9.2% | \*0% | 34.2% | 1.0% |  | 48.4% |  | 20.4% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 10/20/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000468 COLESLAW | 1/3 CUP | 1 | 51 | 0.30 | 78 | \*0 | \*N/A\* | 1.85 | 0.00 | 3 | 8.52 | 1.49 | 0.79 | 59 | 23.8 | 20.75 | 0.32 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1752 | 10.80 | 2767 | \*67 | \*0 | 61.26 | 0.00 | 95 | 227.27 | 18.84 | 84.41 | \*15623 | \*1489.4 | \*28.55 | 10.85 | $0.000 | | % of Calories |  |  |  | 5.55% |  | \*15.3% | \*0% | 31.5% | 0.0% |  | 51.9% |  | 19.3% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 10/23/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990256 Nashville Hot Chicken Tenders | 3 | 1 | 170 | 1.50 | 410 | 2 | \*N/A\* | 8.00 | 0.00 | 40 | 11.00 | 1.00 | 13.00 | \*N/A\* | \*N/A\* | \*N/A\* | 1.00 | $0.000 | | 000241 CHICKEN STRIPS,BRD (HS) | SERVING (4) | 1 | 306 | 4.66 | 786 | 1 | \*N/A\* | 19.98 | 0.00 | 53 | 13.32 | 1.33 | 19.98 | 0 | 24.0 | 0.00 | 2.66 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000438 PEARS (1 CUP) | CUP | 1 | 100 | 0.00 | 20 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 32.00 | 4.00 | 0.00 | \*N/A\* | 20.0 | 4.80 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1733 | 14.66 | 2860 | \*71 | \*0 | 74.28 | 0.00 | 106 | 200.25 | 17.73 | 80.30 | \*1038 | \*491.2 | \*15.78 | 9.08 | $0.000 | | % of Calories |  |  |  | 7.61% |  | \*16.4% | \*0% | 38.6% | 0.0% |  | 46.2% |  | 18.5% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 10/24/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 000575 MAC & CHEESEBURGER (HS) | 8 OUNCE | 1 | 386 | 8.74 | 843 | 10 | \*N/A\* | 16.14 | 0.00 | 57 | 36.91 | 2.32 | 23.19 | 620 | 439.8 | 1.16 | 0.87 | $0.000 | | 000332 CRACKERS, GOLDFISH, IND. | EACH | 1 | 100 | 1.00 | 170 | 0 | \*N/A\* | 3.50 | 0.00 | 5 | 14.00 | 1.00 | 3.00 | 0 | 0.0 | 0.00 | 1.08 | $0.000 | | 990064 MIX VEGETABLES, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.00 | 4 | 0 | \*N/A\* | 0.00 | 0.00 | 0 | 1.00 | 0.50 | 0.25 | 0 | 2.5 | 6.00 | 0.09 | $0.000 | | 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 | $0.000 | | 990215 Cherry Craisins | Bag | 1 | 110 | 0.00 | 0 | 24 | \*N/A\* | 0.00 | 0.00 | 0 | 28.00 | 3.00 | 0.00 | \*N/A\* | \*N/A\* | \*N/A\* | \*N/A\* | $0.000 | | 990057 APPLES, FRESH (1/2) | 1/2 EACH | 1 | 32 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.50 | 1.50 | 0.00 | 25 | 5.0 | 3.00 | 0.09 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1535 | 17.66 | 1854 | \*75 | \*0 | 60.19 | 0.00 | 70 | 177.07 | 52.12 | 67.28 | \*20270 | \*862.9 | \*55.52 | \*6.22 | $0.000 | | % of Calories |  |  |  | 10.35% |  | \*19.5% | \*0% | 35.3% | 0.0% |  | 46.1% |  | 17.5% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Wednesday - 10/25/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 990079 RICE, WHITE | 1/3 CUP | 1 | 128 | 0.00 | 0 | 0 | \*N/A\* | 0.00 | 0.00 | 0 | 28.05 | 0.00 | 3.21 | 0 | 48.1 | 0.00 | 1.68 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990266 Snap Peas | 1oz | 1 | 12 | 0.01 | 1 | 1 | \*N/A\* | 0.06 | \*N/A\* | \*N/A\* | 2.14 | 0.70 | 0.79 | 100 | \*N/A\* | 17.00 | \*N/A\* | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1290 | 8.46 | 1231 | \*72 | \*0 | 43.84 | \*0.00 | \*48 | 172.21 | 10.85 | 58.84 | \*1632 | \*512.3 | \*63.39 | \*7.53 | $0.000 | | % of Calories |  |  |  | 5.90% |  | \*22.3% | \*0% | 30.6% | \*0.0% |  | 53.4% |  | 18.2% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Thursday - 10/26/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 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 | $0.000 | | 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 | $0.000 | | 990141 GARLIC TOAST | EACH | 1 | 160 | 2.50 | 270 | 1 | \*N/A\* | 9.00 | 0.00 | 0 | 16.00 | 0.58 | 3.00 | 0 | 0.0 | 0.00 | 1.08 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 990057 APPLES, FRESH (1/2) | 1/2 EACH | 1 | 32 | 0.00 | 0 | 6 | \*N/A\* | 0.00 | 0.00 | 0 | 8.50 | 1.50 | 0.00 | 25 | 5.0 | 3.00 | 0.09 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1580 | 15.07 | 1756 | \*54 | \*0 | 68.67 | 2.05 | 67 | 175.61 | 55.38 | 67.01 | \*34901 | 467.8 | \*54.87 | 9.76 | $0.000 | | % of Calories |  |  |  | 8.58% |  | \*13.7% | \*0% | 39.1% | 1.2% |  | 44.5% |  | 17.0% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Friday - 10/27/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 000611 PIZZA CRUCHER (MS/HS) | SERVING (5) | 1 | 525 | 10.00 | 962 | 5 | \*N/A\* | 25.00 | 0.62 | 38 | 51.25 | 6.25 | 25.00 | 625 | 525.0 | 3.00 | 3.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 2195 | 21.42 | 2789 | \*53 | \*0 | 94.15 | 0.62 | 50 | 259.76 | \*24.74 | \*84.50 | \*17097 | 1085.5 | 70.54 | 10.87 | $0.000 | | % of Calories |  |  |  | 8.78% |  | \*9.7% | \*0% | 38.6% | 0.3% |  | 47.3% |  | \*15.4% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Monday - 10/30/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990226 Chicken Chunks Proview | 4 Each | 1 | 160 | 1.00 | 430 | 0 | \*N/A\* | 4.00 | 0.00 | 40 | 15.00 | 1.00 | 17.00 | 100 | 20.0 | 1.20 | 1.44 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 000581 GRAVY, CHICKEN (1 OZ) | OZ | 1 | 11 | 0.00 | 128 | \*0 | \*N/A\* | 0.21 | 0.00 | 0 | 1.69 | 0.00 | 0.00 | 0 | 0.8 | 0.00 | 0.00 | $0.000 | | 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 | $0.000 | | 000437 PEACHES (1 CUP) | CUP | 1 | 90 | 0.00 | 0 | 18 | \*N/A\* | 0.00 | 0.00 | 0 | 21.60 | 1.80 | 1.80 | 27 | 16.2 | 10.80 | 0.00 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1432 | 9.00 | 2077 | \*59 | \*0 | 48.01 | 0.00 | 48 | 188.72 | 16.20 | 69.12 | \*1115 | 504.2 | \*22.38 | 7.57 | $0.000 | | % of Calories |  |  |  | 5.66% |  | \*16.5% | \*0% | 30.2% | 0.0% |  | 52.7% |  | 19.3% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=0 |  |  |  |  |  |  |  |  |  |  | | | | |  | | | | |  |  | | --- | --- | |  |  | |  | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  |  |  |  |  |  | |  | |  | | --- | | **Tuesday - 10/31/2023** | | |  | |  | | --- | | **HS Nutritional Information** | |  |  | |  |  |  |  |  |  |  | |  |  | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | 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) | Cost | | 990264 All Beef Pretzel Dog | Each | 1 | 290 | 6.00 | 530 | 7 | 6 | 14.00 | 0.00 | 30 | 31.00 | 3.00 | 11.00 | \*N/A\* | 17.0 | \*N/A\* | 2.00 | $0.000 | | 990143 QUESO BLANCO | 2 OZ | 1 | 118 | 5.30 | 433 | 0 | \*N/A\* | 9.00 | 0.00 | 30 | 2.00 | 0.00 | 7.00 | 400 | 202.0 | 0.00 | 0.00 | $0.000 | | 000011 POTATO TATER TOTS | SERVING(9) | 1 | 170 | 1.50 | 230 | 0 | \*N/A\* | 9.00 | 0.00 | 0 | 19.00 | 1.00 | 2.00 | 0 | 0.0 | 0.00 | 0.50 | $0.000 | | 990064 MIX VEGETABLES, STEAMED (1/2 CUP) | 1/2 CUP | 1 | 8 | 0.00 | 4 | 0 | \*N/A\* | 0.00 | 0.00 | 0 | 1.00 | 0.50 | 0.25 | 0 | 2.5 | 6.00 | 0.09 | $0.000 | | 000092 PINEAPPLE,CND (1 CUP) | CUP | 1 | 144 | 0.02 | 2 | \*N/A\* | \*N/A\* | 0.22 | 0.00 | 0 | 39.60 | 1.80 | 0.65 | 0 | 25.2 | 0.00 | 0.72 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | 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 | $0.000 | | Weighted Daily Average |  |  | 1606 | 20.73 | 2176 | \*41 | \*6 | 72.77 | 0.00 | 68 | 185.26 | 12.30 | 61.74 | \*1225 | 662.3 | \*7.20 | 7.40 | $0.000 | | % of Calories |  |  |  | 11.62% |  | \*10.2% | \*1.5% | 40.8% | 0.0% |  | 46.1% |  | 15.4% |  |  |  |  |  | | Weekly Nutrient Guideline |  |  | 750 - 850 | <10 | 1280 |  |  | <=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) | Cost | | Weighted Averages |  | 1674 | 15 | 2268 | \*58 | \*0 | 68.58 | \*0.53 | \*76 | 197.44 | \*28.60 | \*73.96 | \*10229 | \*720.7 | \*62.57 | \*8.84 | $0.000 | | % of Calories |  |  | 8.25% |  | \*13.9% | \*0% | 36.9% | \*0.3% |  | 47.2% |  | \*17.7% |  |  |  |  |  | |  | |  |  |  | | | ***\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient \* - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes required nutrient values***  ***² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.***  ***NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*** | | | |  |