

Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/03/2024									
Elementary Lunch	Total	100							
MSD-Mozzarella Breaded Sticks	5 each	85	431	479	3.86	19.92	41.23	20.71	8.03
MSD-Seasoned Grn Beans, frozen	1/2 C	50	29	7	2.54	1.27	5.15	0.55	0.25
MSD-Applesauce, indiv. cup	1 each	65	51	2	1.00	0.0	14.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	11	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	8	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			657	645	6.89	27.54	88.26	22.03	8.96
% of Calories						16.8%	53.8%	30.2%	12.3%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/04/2024									
Elementary Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	90	310	572	1.60	21.2	34.2	10.6	3.70
MSD-Steamed Broccoli	1/2 C	50	49	43	2.37	1.54	4.74	1.96	0.89
MSD-Frzn indivd, strawbry cup	1 each	85	80	0	2.00	1.0	19.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	5	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			587	740	5.86	29.30	87.60	13.81	5.41
% of Calories						20.0%	59.7%	21.2%	8.3%
Nutrient Guideline			550-650	1230					<10.00

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Fri - 04/05/2024									
Elementary Lunch	Total	100							
MSD-Max Snax, elem, MS	3 each	85	240	600	4.00	15.0	29.0	8.0	2.50
MSD-Seasoned Peas, frz	1/2 Cup	45	80	75	4.78	4.75	13.2	0.62	0.28
MSD-Cinnamon Pears	1/2 Cup	50	71	4	2.07	0.89	17.9	0.01	0.00
MSD-MILK Variety-PF(choice)	1 each	85	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	80	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	11	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	8	10	25	0.00	0.0	2.0	0.0	0.00
MSD-sour cream packets	1 each	50	57	14	0.00	0.94	1.89	4.73	3.31
MSD-salsa	1 each	45	20	280	2.00	0.0	4.0	0.0	0.00
Weighted Daily Average			565	922	9.18	26.19	85.67	13.71	5.99
% of Calories						18.5%	60.6%	21.8%	9.5%
Nutrient Guideline			550-650	1230					<10.00

Mon - 04/08/2024									
Elementary Lunch	Total	100							
MSD-Corn Dog	1 each	85	304	385	1.01	13.16	26.32	15.19	3.54
MSD-Baked Beans w/brown sugar	1/2 Cup	45	153	276	4.91	6.88	30.84	0.98	0.00
MSD-Mixed Berry Cup	1 each	65	90	0	2.01	0.0	20.07	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	80	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			624	696	6.06	23.88	90.43	17.32	4.91
% of Calories						15.3%	57.9%	25.0%	7.1%
Nutrient Guideline			550-650	1230					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/09/2024									
Elementary Lunch	Total	100							
MSD-Cheeze Bread Dunker, elem	2 each	85	363	707	5.36	17.7	44.23	14.57	7.78
MSD-Steamed Broccoli	1/2 C	45	49	43	2.37	1.54	4.74	1.96	0.89
MSD-frz peaches, indiv. 4oz pk	1 each	65	80	0	1.00	1.0	19.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	8	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-Turkey/cheese sandwich	1 EACH	5	267	758	2.00	23.67	27.0	7.75	2.08
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			623	862	7.93	26.47	93.57	17.24	8.92
% of Calories						17.0%	60.0%	24.9%	12.9%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/11/2024									
Elementary Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	90	310	572	1.60	21.2	34.2	10.6	3.70
MSD-Sweet Potato Fries, McCain	2.49 oz	40	108	156	1.96	0.98	15.65	3.42	0.49
MSD-Berries in a Cloud	1/2 Cup	60	67	0	2.05	0.66	12.22	2.25	2.02
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	5	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			565	781	4.50	28.33	79.42	15.50	6.36
% of Calories						20.0%	56.2%	24.7%	10.1%
Nutrient Guideline			550-650	1230					<10.00

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Fri - 04/12/2024									
Elementary Lunch	Total	100							
MSD-Chn Patty on bun-all level	1 each	85	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Potato Smiles	6 each	90	160	230	2.00	2.0	25.0	6.0	1.00
MSD-Pineapple Tidbits, canned	1/2 Cup	50	70	10	1.00	1.0	17.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	65	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	75	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			754	1023	8.66	29.45	105.19	23.75	5.03
% of Calories						15.6%	55.8%	28.4%	6.0%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/15/2024									
Elementary Lunch	Total	100							
MSD-Pizza Rippers, Chz	4 oz	85	340	300	2.00	23.0	32.0	13.0	4.00
MSD-Seasoned Green Beans	1/2 C	65	35	236	1.61	0.89	3.7	2.17	0.91
MSD-Pears, canned	1/2 cup	60	60	5	2.00	0.0	16.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	65	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	3	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	35	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	8	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			576	644	5.31	29.98	77.02	16.68	5.99
% of Calories						20.8%	53.5%	26.1%	9.4%
Nutrient Guideline			550-650	1230					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/16/2024									
Elementary Lunch	Total	100							
MSD-Dutch Waffle	1 each	85	328	350	3.00	4.0	50.09	13.0	3.00
MSD-Sausage Links, Jennie-O	2 oz (2 links)	65	120	200	0.00	12.0	0.0	8.0	2.00
MSD-Corn, frozen	1/2 C	65	81	17	1.98	1.98	15.8	2.58	0.72
MSD-Sidekick frzn juice cup	1 each	85	90	35	0.00	0.0	22.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	10	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			704	695	5.04	21.94	108.02	21.86	6.20
% of Calories						12.5%	61.3%	27.9%	7.9%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/17/2024									
Elementary Lunch	Total	100							
MSD-Chicken Queso Nachos-diced	2.2 oz	85	492	856	3.31	23.59	34.6	28.01	7.88
MSD-Refried Beans, Basic Amn	1/2 cup	45	154	751	8.97	10.16	23.4	2.52	1.18
MSD-mandarin oranges	1/2 cup	60	57	8	0.81	0.81	13.77	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	3	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-salsa	1 each	30	20	280	2.00	0.0	4.0	0.0	0.00
MSD-sour cream packets	1 each	40	57	14	0.00	0.94	1.89	4.73	3.31
Weighted Daily Average			781	1392	9.18	35.32	88.43	31.04	10.55
% of Calories						18.1%	45.3%	35.8%	12.2%
Nutrient Guideline			550-650	1230					<10.00

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Thu - 04/18/2024									
Elementary Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	90	310	572	1.60	21.2	34.2	10.6	3.70
MSD-V Broccoli w/Cheese Sauce	1/2 cup	65	110	377	1.91	6.45	6.43	5.86	3.90
MSD-Warm Apples	1/2 cup	50	54	15	1.16	0.01	11.71	0.92	0.42
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	5	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			593	970	4.80	31.87	79.11	17.10	7.71
% of Calories						21.5%	53.4%	25.9%	11.7%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/19/2024									
Elementary Lunch	Total	100							
MSD-Orange Chicken, Yangs	3.6	90	146	273	0.00	10.72	18.52	2.92	0.49
MSD-Brown Rice	1/2 C	65	110	7	1.05	2.31	22.16	1.28	0.37
MSD-Carrots, frozen	1/2 C	40	45	66	3.03	0.53	7.11	1.81	0.65
MSD-Mixed fruit, canned	1/2 cup	50	71	8	1.25	0.5	18.69	0.09	0.01
MSD-MILK Variety-PF(choice)	1 each	85	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	80	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	6	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	75	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			509	500	4.67	21.16	89.32	7.87	2.78
% of Calories						16.6%	70.2%	13.9%	4.9%
Nutrient Guideline			550-650	1230					<10.00

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Mon - 04/22/2024									
Elementary Lunch	Total	100							
MSD-Popcorn Ckn, Gold Crk	10 pieces	85	251	572	2.01	18.06	16.06	13.05	2.01
MSD-Steamed Broccoli	1/2 C	50	49	43	2.37	1.54	4.74	1.96	0.89
MSD-Berries in a Cloud	1/2 Cup	65	67	0	2.05	0.66	12.22	2.25	2.02
MSD-Dirt Pudding Cup, Oreo	servings	85	205	205	1.50	2.5	34.0	6.0	0.75
MSD-Bug Bites Grahams	1 each	85	122	116	1.01	2.03	21.27	3.55	1.01
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	65	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	3	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	75	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			791	1031	7.60	30.22	109.28	25.85	6.96
% of Calories						15.3%	55.3%	29.4%	7.9%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/23/2024									
Elementary Lunch	Total	100							
MSD-Three Cheese Cavatappi	6 oz.	85	321	804	2.00	16.0	27.0	16.0	9.30
MSD-Seasoned Grn Beans, frozen	1/2 C	65	29	7	2.54	1.27	5.15	0.55	0.25
MSD-Applesauce, indiv. cup	1 each	65	51	2	1.00	0.0	14.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	85	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	80	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	11	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	2	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	8	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			577	932	5.69	24.80	78.79	18.23	10.15
% of Calories						17.2%	54.6%	28.4%	15.8%
Nutrient Guideline			550-650	1230					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 04/24/2024									
Elementary Lunch	Total	100							
MSD-Fun Yum Burger	1 each	80	410	582	3.00	21.97	40.5	17.17	5.69
MSD-Carrot Dippers	6 each	100	65	458	4.15	0.73	15.36	0.15	0.03
MSD-fresh slc apples, indiv.	2 oz	100	30	0	1.00	0.0	7.0	0.0	0.00
MSD-Caramel Dip	1 oz	100	81	71	0.00	0.0	18.22	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	50	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Sunflower btr, jelly, sand	1 each	10	466	560	6.00	20.0	41.17	24.0	6.00
MSD-Turkey/cheese sandwich	1 EACH	10	267	758	2.00	23.67	27.0	7.75	2.08
Weighted Daily Average			716	1268	8.35	28.78	104.05	18.84	6.56
% of Calories						16.1%	58.1%	23.7%	8.2%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 04/25/2024									
Elementary Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	90	310	572	1.60	21.2	34.2	10.6	3.70
MSD-Seasoned Peas, frz	1/2 Cup	50	80	75	4.78	4.75	13.2	0.62	0.28
MSD-Warm Apples	1/2 cup	45	54	15	1.16	0.01	11.71	0.92	0.42
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	5	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			559	762	5.88	30.06	80.95	13.55	5.29
% of Calories						21.5%	58.0%	21.8%	8.5%
Nutrient Guideline			550-650	1230					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/26/2024									
Elementary Lunch	Total	100							
MSD-Hot Dog on bun, Turkey	1 each	85	292	563	2.00	13.09	30.01	12.62	3.04
MSD-Baked Beans w/brown sugar	1/2 Cup	45	153	276	4.91	6.88	30.84	0.98	0.00
MSD-Mixed Berry Cup	1 each	60	90	0	2.01	0.0	20.07	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	75	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	70	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	3	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	70	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			596	845	6.31	23.68	89.11	15.10	4.47
% of Calories						15.9%	59.8%	22.8%	6.7%
Nutrient Guideline			550-650	1230					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/29/2024									
Elementary Lunch	Total	100							
MSD-Fiestada, WG	1 each	75	343	762	4.22	16.16	38.53	14.03	6.00
MSD-Refried Beans, Basic Amn	1/2 cup	40	154	751	8.97	10.16	23.4	2.52	1.18
MSD-Frzn indivd, strawbry cup	1 each	65	80	0	2.00	1.0	19.0	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	65	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	10	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Turkey/cheese sandwich	1 EACH	5	267	758	2.00	23.67	27.0	7.75	2.08
MSD-Sunflower btr, jelly, sand	1 each	10	466	560	6.00	20.0	41.17	24.0	6.00
MSD-B Fresh Fruit Variety	1 Each	30	63	1	2.41	0.67	16.25	0.22	0.05
MSD-salsa	1 each	30	20	280	2.00	0.0	4.0	0.0	0.00
MSD-sour cream packets	1 each	25	57	14	0.00	0.94	1.89	4.73	3.31
MSD-ketchup pkts, Red Gold	1 each	8	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			656	1254	10.37	29.00	92.98	18.83	8.29
% of Calories						17.7%	56.7%	25.8%	11.4%
Nutrient Guideline			550-650	1230					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 04/30/2024									
Elementary Lunch	Total	100							
MSD-Make your own Pizza	1 each	85	217	441	5.03	13.58	31.72	4.42	2.59
MSD-Sweet Potato Fries, McCain	2.49 oz	45	108	156	1.96	0.98	15.65	3.42	0.49
MSD-Fruit Gels, assorted flvs.	1 ea.	85	80	7	0.00	0.0	19.74	0.0	0.00
MSD-MILK Variety-PF(choice)	1 each	80	144	180	0.00	8.02	22.81	2.38	1.55
MSD-B Juice Variety	1 Each	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Hamburger/Cheesburger	1 each	8	310	457	3.00	19.97	26.5	13.67	5.19
MSD-Sunflower btr, jelly, sand	1 each	2	466	560	6.00	20.0	41.17	24.0	6.00
MSD-Turkey/cheese sandwich	1 EACH	5	267	758	2.00	23.67	27.0	7.75	2.08
MSD-B Fresh Fruit Variety	1 Each	50	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	5	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			541	693	6.81	22.06	92.27	9.27	4.33
% of Calories						16.3%	68.2%	15.4%	7.2%
Nutrient Guideline			550-650	1230					<10.00

Weighted Average			630	877	6.79	27.37	90.50	17.77	6.57
						17.4%	57.4%	25.4%	9.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		550 - 650	100%				
Sodium 1 (mg)	877		1230	71%				
Sodium 1a (mg)	877		1110	79%				
Fiber (g)	6.79							
Protein (g)	27.37	17.37%						
Carbohydrate (g)	90.50	57.43%						
Total Fat (g)	17.77	25.37%						
Saturated Fat (g)	6.57	9.38%	<10.00%					

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