

Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

HS 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									
HS Lunch	Total	100							
MSD-Mozzarella Breaded Sticks	5 each	20	431	479	3.86	19.92	41.23	20.71	8.03
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	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			723	854	7.50	30.30	105.57	20.92	7.62
% of Calories						16.8%	58.4%	26.0%	9.5%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Walking Taco	1 each	20	413	752	4.00	26.1	34.02	19.08	7.05
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	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	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
MSD-salsa	1 each	10	20	280	2.00	0.0	4.0	0.0	0.00
MSD-sour cream packets	1 each	10	57	14	0.00	0.94	1.89	4.73	3.31
Weighted Daily Average			752	954	7.91	32.23	106.99	21.69	8.04
% of Calories						17.1%	56.9%	26.0%	9.6%
Nutrient Guideline			750-850	1420					<10.00

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HS Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 04/05/2024									
HS Lunch	Total	100							
MSD-Buffer Buffalo Chkn Pasta, diced	1 cup	20	346	447	4.20	24.97	36.39	12.49	4.47
MSD-Garlic Knots	1 each	45	169	189	2.98	4.97	26.86	5.97	1.49
MSD-Seasoned Peas, frz	1/2 Cup	50	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	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			806	967	10.03	35.55	119.79	21.92	7.56
% of Calories						17.7%	59.5%	24.5%	8.4%
Nutrient Guideline			750-850	1420					<10.00

Mon - 04/08/2024									
HS Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	40	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	50	67	0	2.05	0.66	12.22	2.25	2.02
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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	80	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			743	969	6.22	30.81	109.69	20.46	7.14
% of Calories						16.6%	59.1%	24.8%	8.6%
Nutrient Guideline			750-850	1420					<10.00

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Tue - 04/09/2024									
HS Lunch	Total	100							
MSD-Corn Dog	1 each	20	304	385	1.01	13.16	26.32	15.19	3.54
MSD-Baked Beans w/brown sugar	1/2 Cup	50	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	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	45	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	85	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			787	976	8.51	31.60	120.12	19.96	6.57
% of Calories						16.1%	61.0%	22.8%	7.5%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Cheese Bites w/marinara	4 each	20	321	618	5.38	16.72	36.08	12.54	3.78
MSD-Steamed Broccoli	1/2 C	50	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			726	898	7.34	30.26	106.81	19.91	7.05
% of Calories						16.7%	58.9%	24.7%	8.7%
Nutrient Guideline			750-850	1420					<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)
Fri - 04/12/2024									
HS Lunch	Total	100							
MSD-Ckn brst tender, Gold Crk	3 each	20	221	462	2.01	22.08	14.05	7.02	1.51
MSD-Biscuit	1 each	15	200	690	1.00	4.0	25.0	9.0	6.00
MSD-Mashed Potatoes w/Gravy	1/2 C	85	110	571	0.00	0.0	16.0	5.1	0.50
MSD-Pineapple Tidbits, canned	1/2 Cup	60	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	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	70	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			812	1457	5.58	31.33	118.30	24.00	7.64
% of Calories						15.4%	58.3%	26.6%	8.5%
Nutrient Guideline			750-850	1420					<10.00

Mon - 04/15/2024									
HS Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	40	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	65	54	15	1.16	0.01	11.71	0.92	0.42
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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	80	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			773	1161	6.41	34.29	109.12	22.37	8.74
% of Calories						17.8%	56.5%	26.1%	10.2%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Pizza Rippers, Chz	4 oz	20	340	300	2.00	23.0	32.0	13.0	4.00
MSD-Seasoned Grn Beans, frozen	1/2 C	65	29	7	2.54	1.27	5.15	0.55	0.25
MSD-Pears, canned	1/2 cup	50	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	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	80	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			737	855	7.47	31.36	108.75	20.36	7.14
% of Calories						17.0%	59.0%	24.9%	8.7%
Nutrient Guideline			750-850	1420					<10.00

Wed - 04/17/2024									
HS Lunch	Total	100							
MSD-Totchos	1 each	20	445	1030	5.14	28.02	31.26	22.09	8.63
MSD-Spanish Rice	1/2 CUP	15	123	3	0.44	2.39	26.84	0.22	0.06
MSD-mandarin oranges	1/2 cup	65	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
MSD-salsa	1 each	10	20	280	2.00	0.0	4.0	0.0	0.00
Weighted Daily Average			731	992	6.24	31.98	104.50	20.87	7.59
% of Calories						17.5%	57.2%	25.7%	9.3%
Nutrient Guideline			750-850	1420					<10.00

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Thu - 04/18/2024									
HS Lunch	Total	100							
MSD-Cheese Quesadilla	1 each	20	302	675	4.03	16.11	39.27	10.07	3.02
MSD-Refried Beans, Basic Amn	1/2 cup	45	154	751	8.97	10.16	23.4	2.52	1.18
MSD-Sidekick frzn juice cup	1 each	80	90	35	0.00	0.0	22.0	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			787	1253	9.27	33.29	120.86	19.57	6.99
% of Calories						16.9%	61.5%	22.4%	8.0%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Orange Chicken, Yangs	3.6	20	146	273	0.00	10.72	18.52	2.92	0.49
MSD-Brown Rice	1/2 C	15	110	7	1.05	2.31	22.16	1.28	0.37
MSD-Carrots, frozen	1/2 C	45	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	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	45	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	80	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			725	877	6.69	28.94	111.38	19.05	6.64
% of Calories						16.0%	61.5%	23.7%	8.2%
Nutrient Guideline			750-850	1420					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

HS Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 04/22/2024									
HS Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	40	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-Berries in a Cloud	1/2 Cup	50	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-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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			759	962	7.90	31.56	110.21	21.24	6.71
% of Calories						16.6%	58.1%	25.2%	8.0%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Popcorn Ckn, Gold Crk	10 pieces	20	251	572	2.01	18.06	16.06	13.05	2.01
MSD-Mac and Cheese	1/2 C	75	213	489	2.34	11.22	24.81	8.35	5.38
MSD-Sweet Potato Fries, McCain	2.49 oz	40	108	156	1.96	0.98	15.65	3.42	0.49
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	75	61	14	0.00	0.2	14.3	0.0	0.00
MSD-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	45	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	85	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			897	1305	8.78	38.59	126.81	26.67	10.49
% of Calories						17.2%	56.6%	26.8%	10.5%
Nutrient Guideline			750-850	1420					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

HS 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									
HS Lunch	Total	100							
MSD-Dutch Waffle	1 each	20	328	350	3.00	4.0	50.09	13.0	3.00
MSD-Sausage Links, Jennie-O	2 oz (2 links)	20	120	200	0.00	12.0	0.0	8.0	2.00
MSD-Hash Brown Round	2 each	80	100	105	1.00	1.0	16.0	3.5	0.00
MSD-fresh slc apples, indiv.	2 oz	65	30	0	1.00	0.0	7.0	0.0	0.00
MSD-Caramel Dip	1 oz	50	81	71	0.00	0.0	18.22	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-S Cnd Fruit Variety	0.5 cup	45	68	4	1.56	0.4	17.81	0.1	0.01
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			820	984	6.21	29.40	122.87	23.38	6.84
% of Calories						14.3%	59.9%	25.7%	7.5%
Nutrient Guideline			750-850	1420					<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									
HS Lunch	Total	100							
MSD-Spag w/meatsauce	serving	20	300	322	6.03	21.25	34.27	8.38	3.40
MSD-Garlic Texas Toast	1 each	40	100	130	2.00	3.0	15.0	3.0	0.00
MSD-Seasoned Grn Beans, frozen	1/2 C	60	29	7	2.54	1.27	5.15	0.55	0.25
MSD-Applesauce, indiv. cup	1 each	50	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			728	874	8.45	31.70	107.82	19.63	6.68
% of Calories						17.4%	59.2%	24.3%	8.3%
Nutrient Guideline			750-850	1420					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

HS 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									
HS Lunch	Total	100							
MSD-Pizza Crunchers	4 each	20	424	777	5.05	20.19	41.39	20.19	8.08
MSD-Baked Beans w/brown sugar	1/2 Cup	50	153	276	4.91	6.88	30.84	0.98	0.00
MSD-Mixed Berry Cup	1 each	50	90	0	2.01	0.0	20.07	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	45	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	85	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			798	1055	9.01	33.00	120.12	20.96	7.47
% of Calories						16.5%	60.2%	23.6%	8.4%
Nutrient Guideline			750-850	1420					<10.00

Mon - 04/29/2024									
HS Lunch	Total	100							
MSD-Dominos, (choice) all	1 slice	40	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	65	54	15	1.16	0.01	11.71	0.92	0.42
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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	80	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
Weighted Daily Average			773	1161	6.41	34.29	109.12	22.37	8.74
% of Calories						17.8%	56.5%	26.1%	10.2%
Nutrient Guideline			750-850	1420					<10.00

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Mehlville

Apr 3, 2024 thru Apr 30, 2024

Base Menu Spreadsheet

HS 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									
HS Lunch	Total	100							
MSD-Fiestada, WG	1 each	20	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-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	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-Chn Patty on bun-all level	1 each	20	406	659	6.06	20.35	42.35	16.82	2.55
MSD-Spicy Chkn flt, Gold Crk	1 each	20	321	631	5.01	23.07	44.06	7.52	1.00
MSD-Pizza Slc, Chz, Wild Mikes	1 each	20	389	551	3.24	21.61	36.74	18.37	8.65
MSD-Cheeseburger on Bun	1 each	20	327	562	3.00	21.72	27.0	14.67	5.82
MSD-B Fresh Fruit Variety	1 Each	40	63	1	2.41	0.67	16.25	0.22	0.05
MSD-S Ass't Pudding	.5 cup	60	175	175	0.00	2.19	30.62	4.92	1.64
MSD-ketchup pkts, Red Gold	1 each	50	10	25	0.00	0.0	2.0	0.0	0.00
MSD-salsa	1 each	10	20	280	2.00	0.0	4.0	0.0	0.00
MSD-sour cream packets	1 each	10	57	14	0.00	0.94	1.89	4.73	3.31
Weighted Daily Average			758	1237	10.09	33.33	111.48	20.71	7.86
% of Calories						17.6%	58.8%	24.6%	9.3%
Nutrient Guideline			750-850	1420					<10.00

Weighted Average			770	1042	7.69	32.31	113.17	21.37	7.55
						16.8%	58.8%	25.0%	8.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	770		750 - 850	100%				
Sodium 1 (mg)	1042		1420	73%				
Sodium 1a (mg)	1042		1280	81%				
Fiber (g)	7.69							
Protein (g)	32.31	16.78%						
Carbohydrate (g)	113.17	58.78%						
Total Fat (g)	21.37	24.97%						
Saturated Fat (g)	7.55	8.83%	<10.00%					

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