Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

	Portion Size	Reimb Qtv	Carb (q)	
Mon - 10/02/2023			(9/	
INTERMEDIATE LUNCH 6-8	Total	1		BG@
MINI CORN DOG NUGGETS (SEC)	6 EACH	1	30.0	
TATER TOTS - MCCAIN	9 PIECES	1	17.04	
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0	Total Carbs:
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	Iotal Galos.
SWEET CAKE	SERVING	1	44.83	
KETCHUP : P/C	PC	1	10.12	
MUSTARD:, P/C	1 Each	1	0.33	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1	10.0	
DOMINOS PIZZA	SLICE	1	29.0	
DINNER SALAD - ALT LINE	SERVINGS	1	6.07	
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0	Units for Carbs:
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose:
MILK 1% WHITE	CARTON	1	13.0	+ correction Dose.
Weighted Daily Average	CARTON	1	129.70	
% of Calories			55.2%	T . 1 . 1
			55.270	= Total Insulin:
Nutrient Guideline				
Tue - 10/03/2023				
INTERMEDIATE LUNCH 6-8	Total	1		BG @
ENCHILADA	ENCHILADA	1	35.28	D0@
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	
CORN, STREET	1/2 CUP SERVING	1	21.66	Tabal Camban
BROWNIE MIX. SHIRLEY J	SERVINGS	1	23.0	Total Carbs:
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13	
SALSA PICANTE	1 OZ	1	1.4	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
NACHOS	SERVINGS	1	42.75	
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5	Units for Carbs:
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94	Units for Carbs;
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	6 // D
SALSA PICANTE	1 OZ	1	1.4	+ Correction Dose:
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average		· ·	166.65	= Total Insulin:
% of Calories			56.5%	
			00.070	
Nutrient Guideline				

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Portion Values - Detailed

BEANS, CANNED, BLACK BEAN, LS

MANDARIN ORANGE- CANNED:PRE

MILK : CHOCOLATE MILK FAT FREE

FRUIT BAR : ELEMENTARY

MILK 1% WHITE

Nutrient Guideline

% of Calories

Weighted Daily Average

RANCH: (WILD COYOTE LITE)

Page 2

Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Reimb Carb Size Qty (g) Wed - 10/04/2023 **INTERMEDIATE LUNCH 6-8** Total 1 BG_____@_____ DUTCH WAFFLE 1 EACH 1 43.0 SCRAMBLED EGGS: SUNNY FRESH 1oz SERVING 1.0 1 SAUSAGE LINK - CLOVERDALE 1 LINK 1 1.0 Total Carbs: _____ 2 EACH HASHBROWN PATTY:1/2 CUP 27.0 1 JUICE, SUN SPLASH SERVINGS 15.0 1 PEACH CUP, FROZEN SERVING 1 21.0 SYRUP 1 EA 1 40 KETCHUP: P/C PC 10.12 1 MILK : CHOCOLATE MILK FAT FREE CARTON 20.0 1 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI Total 1 SPICY CHICKEN PATTY - A PIERRE SERVINGS 43.0 1 SHREDDED LETTUCE & TOMATO-DELI 1/2 CUP 2.67 1 Units for Carbs: _____ **3oz SERVINGS** WAFFLE FRIES, SKIN ON MCCAIN 19.0 1 1/2 CUP CARROT STICKS 1/2 CUP 1 2.0 MAC & CHEESE - JTM 4oz SERVINGS 1 18.36 1/2 CUP + Correction Dose: PEACH, DICED, CANNED 1 14.0 PICKLE:, CHIPS 1 OZ. 1 1.0 KETCHUP: P/C PC 10.12 1 BARBAQUE SAUCE: P/C 1 Each 1 13.0 = Total Insulin: MAYONNAISE, LIGHT POUCH 1 0.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 MILK 1% WHITE CARTON 13.0 1 155.64 Weighted Daily Average % of Calories 52.0% Nutrient Guideline Thu - 10/05/2023 **INTERMEDIATE LUNCH 6-8** Total 1 BG @____ 24.06 CHERRY BLOSSOM CHICKEN FRO30:S 3.92 OZ 1 RICE: COOKED BROWN RICE (ELE) 1/2 CUP 1 16.48 3/4 CUP BROCCOLI. ROASTED 3.29 1 Total Carbs: FRUIT BAR : SECONDARY 1 CUP 1 22.62 MANDARIN ORANGE- CANNED:PRE 1/2 CUP 1 14.0 SALAD BAR: 3 THURSDAY'S:INTERM 1/2 CUP 1 10.51 COOKIE, COWBOY 1 29.34 1 oz. SOY SAUCE: PC PC 1 0.0 20.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI Total 1 SERVING TACO SALAD :ALT LINE 1 33.3

1/2 CUP

1/2 CUP

1/2 CUP

PC CUP

CARTON

<u>CART</u>ON

18.0

14.0

2.0

20.0

13.0

134.04

56.8%

14.48

Units for Carbs:

= Total Insulin:

+ Correction Dose:

1

1

1

1

1

1

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed Page 3

	Portion Size	Reimb Qty	Carb (g)	
Fri - 10/06/2023				BG @
INTERMEDIATE LUNCH 6-8	Total	1		ΒG@
CALZONE, MINI, WG	3 CALZONES	1	40.01	
DINNER SALAD	1 CUP	1	7.49	
PUDDING,CHOICE	SERVING	1	20.5	Total Carbs:
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MARINARA SAUCE	1/2 CUP	1	11.93	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1	13.0	
			40.07	
WRAP, CHICKEN	WRAP	1	43.67	
CHIPS: DORITOS	BAG	1	19.62	
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31	Unite fan Canhai
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	Units for Carbs:
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose:
Weighted Daily Average			126.56	
% of Calories			52.1%	
				= Total Insulin:
Nutrient Guideline				= 10(a1111501111,
Mon - 10/09/2023				
INTERMEDIATE LUNCH 6-8	Total	1		
CHEESEBURGER 100 % BEEF: SEC	SERVINGS	1	27.0	DC O
CHEESE: PROCESS SLICE	1 oz.	1	1.98	BG@
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67	
FRENCH FRIES- S.S. 3/4 CUP	6 OZ	1	33.0	
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0	Total Carbs:
CREAMIES JR.	CREAMIE	1	14.0	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
PICKLE:, CHIPS	1 OZ.	1	1.0	
MUSTARD:, P/C	1 Each	1	0.33	
KETCHUP : P/C	PC	1	10.12	
MAYONNAISE, LIGHT	POUCH	1	0.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		Units for Carbs:
DOMINOS PIZZA	SLICE	1	29.0	Unitation Carlos,
DINNER SALAD - ALT LINE	SERVINGS	1	6.07	
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0	6 D
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	+ Correction Dose:
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin:
Weighted Daily Average			123.58	
% of Calories			49.1%	
Nutrient Guideline				
		1		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Portion Values - Detailed

Page 4

Oct 2, 2023 thru Oct 31, 2023 Combined: INTERMEDIATE LUNCH 6-8/ALT INT

WEEKLY 1st CHOICE

Generated on: 9/25/2023 2:38:45 PM

	Portion Size	Reimb Qty	Carb (g)	
Tue - 10/10/2023				
INTERMEDIATE LUNCH 6-8	Total	1		PC @
BEEF TACO STICK	1 EACH	1	31.87	BG@
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	
CORNMEAL SUPER STAR	1 EA	1	23.0	
CORN, STREET	1/2 CUP SERVING	1	21.66	Total Carbs:
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP		21.13	
SALSA PICANTE	1 OZ	1	1.4	
MILK : CHOCOLATE MILK FAT FREE	_			
	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
NACHOS	SERVINGS	1	42.75	
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5	Un he fen Cenhei
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94	Units for Carbs:
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALSA PICANTE	1 OZ	1	1.4	+ Correction Dose:
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			160.87	= Total Insulin:
% of Calories			55.2%	- Iotarmsum;
			00.270	
Nutrient Guideline				
	1			
Wed - 10/11/2023				R A A
INTERMEDIATE LUNCH 6-8	Total	1		BG@
TERIYAKI BEEF NUGGETS	4 Nugget	1	6.0	
POTATO, TRIPLE CHEESE TWICE BA	SERVINGS	1	25.95	
GREEN BEANS 3/4 CUP	3/4 CUP	1	4.5	Total Carbs:
ROLLS - NO EGGS	SERVINGS	1	23.19	10tai caros.
MARGARINE REDDIES: (1)	1 Patty	1	0.0	
PEACH, DICED, CANNED	1/2 CÚP	1	14.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
SPICY CHICKEN PATTY - A PIERRE	SERVINGS	1	43.0	
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	2.67	
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0	
CARROT STICKS 1/2 CUP	1/2 CUP	1		Unite for Contract
			2.0	Units for Carbs:
MAC & CHEESE - JTM	4oz SERVINGS	1	18.36	
PEACH, DICED, CANNED	1/2 CUP	1	14.0	_
PICKLE:, CHIPS	1 OZ.	1	1.0	+ Correction Dose:
KETCHUP: P/C	PC	1	10.12	
BARBAQUE SAUCE: P/C	1 Each	1	13.0	
MAYONNAISE, LIGHT	POUCH	1	0.0	= Total Insulin:
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	- iotarinisullii:
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			131.40	
% of Calories			49.3%	
Nutrient Guideline				

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Portion Values - Detailed

Page 5

Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Reimb Carb Size Qty (g) Tue - 10/17/2023 BG @ **INTERMEDIATE LUNCH 6-8** Total 1 TACO SOUP 1 CUP 21.65 1 CHEDDAR/ JACK FANCY SHRED.250Z .25 OZ 1 0.25 CINNAMON ROLL W. W.W. BRIDGFOR ROLL Total Carbs: 35.0 1 SALAD BAR: 2 TUESDAY- INTERM. 1 CUP 21.13 1 1 CUP FRUIT BAR : SECONDARY 1 22.62 PEARS, DICED, CANNED 1/2 CUP 1 16.0 MILK : CHOCOLATE MILK FAT FREE CARTON 20.0 1 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI Total 1 SERVINGS 42.75 NACHOS 1 CHILI, THREE BEAN JTM 1/4 CUP 1 9.5 LETTUCE & TOMATO:3/4 CUP-TACOS 3/4 CUP 1 9.94 Units for Carbs: FRUIT BAR : SECONDARY 1 CUP 22.62 1 PEARS, DICED, CANNED 1/2 CUP 1 16.0 SALSA PICANTE 1 OZ 1 1.4 MILK : CHOCOLATE MILK FAT FREE CARTON 20.0 + Correction Dose: 1 MILK 1% WHITE CARTON 1 13.0 Weighted Daily Average 142.42 % of Calories 55.0% = Total Insulin: Nutrient Guideline Wed - 10/18/2023 INTERMEDIATE LUNCH 6-8 Total 1 BG @ HOMESTYLE WG CHICKEN TENDER ST **3 PC SERVINGS** 14.08 1 BUTTER MASHED POTATOES-sec 2/3 cup 18.0 1 GRAVY, CHICKEN: LOW SODIUM 1/4 CÚP 2.86 1 Total Carbs: CARROTS, SLICED, FZ 1/2 C SERVINGS 1 6.0 **ROLLS - NO EGGS** SERVINGS 1 23.19 MARGARINE REDDIES: (1) 1 Patty 0.0 1 1/2 CÚP PEACH, DICED, CANNED 1 14.0 BARBAQUE SAUCE: P/C 1 Each 1 13.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI Total 1 SPICY CHICKEN PATTY - A PIERRE SERVINGS 1 43.0 SHREDDED LETTUCE & TOMATO-DELI 1/2 CUP 2.67 Units for Carbs: 1 WAFFLE FRIES, SKIN ON MCCAIN **3oz SERVINGS** 19.0 1 CARROT STICKS 1/2 CUP 1/2 CUP 1 2.0 4oz SERVINGS MAC & CHEESE - JTM 18.36 1 + Correction Dose: PEACH, DICED, CANNED 1/2 CUP 1 14.0 PICKLE:, CHIPS 1 OZ. 1 1.0 KETCHUP: P/C PC 1 10.12 = Total Insulin: BARBAQUE SAUCE: P/C 13.0 1 Each 1 MAYONNAISE, LIGHT POUCH 1 0.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 MILK 1% WHITE CARTON 13.0 1 Weighted Daily Average 140.14 % of Calories 52.2% Nutrient Guideline

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Portion Values - Detailed

Page 6

	Portion Size	Reimb Qty	Carb (g)	
		1		
Thu - 10/19/2023				
INTERMEDIATE LUNCH 6-8	Total	1		BG @
ORANGE CHICKEN	3.92 OZ	1	17.04	D0@
RICE: COOKED BROWN RICE (ELE)	1/2 CUP	1	16.48	
BROCCOLI, ROASTED	3/4 CUP	1	3.29	T-t-1 C-ul-
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0	Total Carbs:
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
SALAD BAR: 3 THURSDAY'S:INTERM	1/2 CUP	1	10.51	
COOKIE: FORTUNE COOKIE	COOKIE	1	7.05	
SOY SAUCE: PC	PC	1	0.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
TACO SALAD :ALT LINE	SERVING	1	33.3	
BEANS, CANNED, BLACK BEAN, LS	1/2 CUP	1	18.0	Unite fan Canhai
FRUIT BAR :ELEMENTARY	1/2 CUP	1	14.48	Units for Carbs:
MANDARIN ORANGE- CANNED:PRE	1/2 CUP	1	14.0	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	6 D
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose:
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			119.39	
% of Calories			56.4%	= Total Insulin:
Nutrient Guideline				
Fri - 10/20/2023				
INTERMEDIATE LUNCH 6-8	Total	1		BG @
PIZZA, 7" WG BREADSTICK	BREAD STICK	1	30.0	200
DINNER SALAD	1 CUP	1	7.49	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	Total Carbs:
JELL-O	GEL CUP	1	25.0	Iotal Caros:
RANCH: (WILD COYOTE LITE)	PC CUP	1	25.0	
MARINARA SAUCE	1/2 CUP	1	11.93	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1	15.0	
WRAP, CHICKEN	WRAP	1	43.67	
CHIPS: DORITOS	BAG	1	19.62	
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	Units for Carbs:
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	••••••••••••••••••••••••••••••••••••••
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	2.0	
MILK 1% WHITE	CARTON	1	13.0	+ Correction Dose:
Weighted Daily Average		1	123.80	+ correction Dose.
% of Calories			53.5%	
			55.570	- Tatal In au line
Nutrient Guideline				= Total Insulin:
		1		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Oct 2, 2023 thru Oct 31, 2023

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Generated on: 9/25/2023 2:38:45 PM

	Portion Size	Reimb Qty	Carb (g)	
Mon - 10/23/2023				
INTERMEDIATE LUNCH 6-8	Total	1		PC @
CHICKEN & WAFFLES	SERVINGS	1	35.0	BG@
TATER TOTS - MCCAIN	9 PIECES	1	17.04	
ORANGES	ORANGE	1	23.32	
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	Total Carbs:
DINNER SALAD	1/2 COP 1 CUP	1	7.49	10tal Garbon
	PC	1	10.12	
KETCHUP: P/C		-		
SYRUP	1 EA	1	4.0	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
DOMINOS PIZZA	SLICE	1	29.0	
DINNER SALAD - ALT LINE	SERVINGS	1	6.07	Units for Carbs:
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0	Units for Carbs;
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose:
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average	0,		127.02	
% of Calories			53.8%	= Total Insulin:
Nutrient Guideline				
Tue - 10/24/2023				
	Total	1		
INTERMEDIATE LUNCH 6-8			00.0	PC @
SOFT FLOUR TACO:SEC	serving	1	23.0	BG@
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94	
CHEDDAR/ JACK FANCY SHRED.250Z	.25 OZ	1	0.25	
REFRIED BEANS, V V	1/2 C SERVINGS	1	24.0	Total Carbs:
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	
SALAD BAR: 2 TUESDAY- INTERM.	1 CUP	1	21.13	
CHURRO- APPLE WG	SERVINGS	1	25.0	
SALSA PICANTE	1 OZ	1	1.4	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
NACHOS	SERVINGS	1	42.75	
CHILI, THREE BEAN JTM	1/4 CUP	1	9.5	Units for Carbs:
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	9.94	onits for caros;
FRUIT BAR : SECONDARY	1 CUP	1	22.62	
PEARS, DICED, CANNED	1/2 CUP	1	16.0	6 D
SALSA PICANTE	1/2 COP 1 OZ	1	1.4	+ Correction Dose:
	-	1		
	CARTON		20.0	
MILK 1% WHITE	CARTON	1	13.0	= Total Insulin:
Weighted Daily Average % of Calories			155.77 56.5%	- iotar moullin
Nutrient Guideline				

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Nutrient Guideline

Oct 2, 2023 thru Oct 31, 2023 Combined: INTERMEDIATE LUNCH 6-8/ALT INT

Generated on: 9/25/2023 2:38:45 PM

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

Size Qty (g) Wed - 10/25/2023 Total **INTERMEDIATE LUNCH 6-8** 1 BG @ COUNTRY FRIED STEAK SERVINGS 1 17.0 **BUTTER MASHED POTATOES-sec** 2/3 cup 18.0 1 GRAVY, COUNTRY: (CUSTOM) 1/4 CUP 1 6.0 **HUSHPUPPIES** 2- Hushpuppies 20.19 1 Total Carbs: **GREEN BEANS 3/4 CUP** 3/4 CUP 4.5 1 PEACH, DICED, CANNED 1/2 CUP 1 14.0 MILK : CHOCOLATE MILK FAT FREE CARTON 20.0 1 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI 1 Total SPICY CHICKEN PATTY - A PIERRE SERVINGS 1 43.0 SHREDDED LETTUCE & TOMATO-DELI 1/2 CUP 1 2.67 19.0 WAFFLE FRIES, SKIN ON MCCAIN 3oz SERVINGS 1 CARROT STICKS 1/2 CUP 1/2 CUP 2.0 1 4oz SERVINGS Units for Carbs: MAC & CHEESE - JTM 18.36 1 PEACH, DICED, CANNED 1/2 CUP 1 14.0 PICKLE:, CHIPS 1 OZ. 1 1.0 KETCHUP : P/C РС 1 10.12 + Correction Dose: BARBAQUE SAUCE: P/C 1 Each 1 13.0 MAYONNAISE, LIGHT POUCH 1 0.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 = Total Insulin: MILK 1% WHITE CARTON 13.0 1 Weighted Daily Average 134.41 % of Calories 49.3% Nutrient Guideline Thu - 10/26/2023 **INTERMEDIATE LUNCH 6-8** Total 1 BG @_____ **TERIYAKI CHICKEN** 2.4 OZ 6.0 1 32.22 NOODLES, YAKISOBA WG 1/2 CUP 1 **BROCCOLI. ROASTED** 3/4 CUP 3.29 1 Total Carbs: GRAHAM, TIGER BITES, CHOCOLATE SERVINGS 1 21.0 1/2 CUP FRUIT BAR : ELEMENTARY 14.48 1 MANDARIN ORANGE- CANNED:PRE 1/2 CUP 1 14.0 SALAD BAR: 3 THURSDAY'S:INTERM 1/2 CUP 1 10.51 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 MILK 1% WHITE CARTON 1 13.0 ALT INT WEEKLY 1st CHOI 1 Total TACO SALAD :ALT LINE SERVING 33.3 1 BEANS, CANNED, BLACK BEAN, LS 1/2 CUP 18.0 1 FRUIT BAR : ELEMENTARY 1/2 CUP 14.48 1 Units for Carbs: _____ MANDARIN ORANGE- CANNED:PRE 1/2 CUP 1 14.0 RANCH: (WILD COYOTE LITE) PC CUP 1 2.0 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 + Correction Dose: MILK 1% WHITE CARTON 1 13.0 Weighted Daily Average 124.64 % of Calories 58.9% = Total Insulin:

Portion

Reimb

Carb

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Oct 2, 2023 thru Oct 31, 2023

Generated on: 9/25/2023 2:38:45 PM

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Combined: INTERMEDIATE LUNCH 6-8/ALT INT WEEKLY 1st CHOICE

	Portion Size	Reimb Qty	Carb (g)	
Fri - 10/27/2023				
INTERMEDIATE LUNCH 6-8	Total	1		BG@
GARLIC CHEESE BREAD RIPPERS	1 EACH	1	30.11	
DINNER SALAD	1 CUP	1	7.49	
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0	Total Carbs:
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	10tai caros.
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MARINARA SAUCE	1/2 CUP	1	11.93	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	1		
WRAP, CHICKEN	WRAP	1	43.67	
CHIPS: DORITOS	BAG	1	19.62	
FRESH MIXED VEGETABLE CUP	3/4 CUP	1	8.31	
FRUIT, CANNED - CHOOSE ONE	1/2 C SERVING	1	15.8	Units for Carbs:
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	Units for Carbs.
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	Construction Design
Weighted Daily Average	CARTON		119.36	+ Correction Dose:
% of Calories			50.6%	
% of Calories			50.6%	
Nutrient Guideline				= Total Insulin:
Mon - 10/30/2023 INTERMEDIATE LUNCH 6-8	Total	1		BG@
HOT DOG W/ CHILI	SERVINGS	1	32.52	D0@
WAFFLE FRIES, SKIN ON MCCAIN	3oz SERVINGS	1	19.0	
CARROT STICKS 1/2 CUP	1/2 CUP	1	2.0	T-t-1 C1
SWEET CAKE	SERVING	1	44.83	Total Carbs:
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	44.03	
	PC	1		
KETCHUP : P/C MUSTARD: P/C		1	10.12	
	1 Each	-	0.33	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	
MILK 1% WHITE	CARTON	1	13.0	
ALT INT WEEKLY 1st CHOI	Total	-		
DOMINOS PIZZA	SLICE	1	29.0	
DINNER SALAD - ALT LINE	SERVINGS	1	6.07	
COOKIE, SNICKERDOODLE, WG	SERVINGS	1	16.0	Units for Carbs:
PINAPPLE CHUNK-CANNED: PRE	1/2 CUP	1	18.0	
RANCH: (WILD COYOTE LITE)	PC CUP	1	2.0	
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	20.0	+ Correction Dose:
MILK 1% WHITE	CARTON	1	13.0	
Weighted Daily Average			131.94	
% of Calories			52.0%	= Total Insulin:
Nutrient Guideline				

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 2, 2023 thru Oct 31, 2023 Combined: INTERMEDIATE LUNCH 6-8/ALT INT

WEEKLY 1st CHOICE

Generated on: 9/25/2023 2:38:45 PM

Portion Reimb Carb Size Qty (g) Tue - 10/31/2023 **INTERMEDIATE LUNCH 6-8** Total 1 BG @ **ENCHILADA ENCHILADA** 1 35.28 REFRIED BEANS, V V 1/2 C SERVINGS 24.0 1 CORN, STREET 1/2 CUP SERVING 1 21.66 Total Carbs: COOKIE: HALLOWEEN 1 EACH 26.9 1 FRUIT BAR : SECONDARY 1 CUP 22.62 1 1/2 CUP PEARS, DICED, CANNED 1 16.0 SALAD BAR: 2 TUESDAY- INTERM. 1 CUP 21.13 1 SALSA PICANTE 1 OZ 1 1.4 MILK : CHOCOLATE MILK FAT FREE CARTON 20.0 1 CARTON **MILK 1% WHITE** 13.0 1 ALT INT WEEKLY 1st CHOI Total 1 NACHOS SERVINGS 42.75 1 CHILI, THREE BEAN JTM 1/4 CUP 1 9.5 Units for Carbs: 9.94 LETTUCE & TOMATO:3/4 CUP-TACOS 3/4 CUP 1 FRUIT BAR : SECONDARY 1 CUP 1 22.62 PEARS, DICED, CANNED 1/2 CUP 1 16.0 + Correction Dose: SALSA PICANTE 1 OZ 1 1.4 MILK : CHOCOLATE MILK FAT FREE CARTON 1 20.0 MILK 1% WHITE CARTON 1 13.0 = Total Insulin: Weighted Daily Average 168.59 % of Calories 55.9% Nutrient Guideline

Weighted Average			137.68 53.7%
------------------	--	--	-----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	137.68	53.65%						

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.