

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

Menu Name: 6-8 of HS LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 08/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990112 PIZZA, CHEESE 16"	SLICE	45	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	30	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990304 SWISS BACON BURGER	SANDWICH	25	360	6.75	678	6	18.00	0.50	60	29.50	3.00	24.00
990277 FRUIT BAR	EACH	80	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			696	7.93	1054	49	23.18	0.12	55	89.72	10.05	34.12
% of Calories				10.25%		28.2%	30.0%	0.2%		51.6%		19.6%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 08/21/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990134 CHICKEN, TERIYAKI	2.85 OZ	45	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00
990335 ROLL, DINNER WHITE WG	ROLL	45	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990229 RICE, BROWN,	1 Cup, Prepar	45	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08
990264 PARMESAN CHICKEN SANDWICH SECONDARY	SANDWICH	55	405	3.63	738	8	14.57	0.00	53	41.31	6.54	29.54
990276 VEGETABLE/ SALAD BAR	SERVINGS	75	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			696	3.48	1052	50	15.46	0.00	63	103.29	11.32	37.49
% of Calories				4.50%		28.7%	20.0%	0.0%		59.4%		21.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 08/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990352 CHEESEBURGER	SANDWICH	65	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50
990422 CHICKEN, CORN PUPS	8 EACH	35	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76

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Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			675	5.21	1065	51	18.53	0.00	64	96.41	12.62	31.96
% of Calories				6.95%		30.2%	24.7%	0.0%		57.1%		18.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 08/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990227 CHICKEN STRIPS, BREADED	3 EA	55	285	2.25	465	0	13.50	0.00	60	16.50	1.50	24.00
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	45	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	65	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00
990049 ROLL, DINNER WG	ROLL	60	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00
990350 GRAVY, BEEF LS	OZ	65	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	65	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	65	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			747	5.61	1222	38	27.05	0.00	61	92.73	10.83	34.85
% of Calories				6.76%		20.3%	32.6%	0.0%		49.7%		18.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 08/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990130 CHICKEN, POPCORN WG	3.3 OZ	65	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00
990388 CHICKEN, CHERRY BLOSSOM	SERVINGS	35	197	0.98	345	14	3.94	0.00	44	26.58	1.97	12.80
990087 RICE, BROWN, Prepar	1/2 Cup, Prepar	45	85	0.00	4	0	0.75	0.00	0	18.00	1.00	2.00
990335 ROLL, DINNER WHITE WG	ROLL	50	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	100	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	100	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			662	3.19	901	52	18.02	0.00	43	96.39	12.06	29.27
% of Calories				4.34%		31.4%	24.5%	0.0%		58.2%		17.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 08/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990391 GARLIC CHEESY BREAD W/ DIPPING SAUCE	BREAD	30	418	9.42	979	12	18.15	0.00	40	40.23	4.16	22.99
990359 BEEF HOT DOG SANDWICH	SANDWICH	20	300	0.00	790	5	18.50	0.00	35	22.00	2.00	11.00
990237 COOKIE, CHOC CHIP (OTIS SPUNKMEYER) 1ea	COOKIE	85	160	1.00	100	12	5.00	0.00	10	26.00	2.00	2.00
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	75	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	30	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			637	4.82	965	54	19.41	0.00	39	92.39	10.25	23.43
% of Calories				6.81%		33.9%	27.4%	0.0%		58.0%		14.7%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

Wednesday - 08/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 FRENCH TOAST STICKS SECONDARY	4 STICKS	50	281	2.67	387	15	12.02	0.00	140	34.73	2.67	10.69
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	50	100	3.00	170	0	7.00	0.00	25	0.00	0.00	7.00
990301 CHICKEN BACON SWISS SANDWICH	SANDWICH	25	410	3.75	708	6	16.00	0.00	60	38.50	6.00	31.00
990155 POTATO, TATER TOTS	1/2 CUP	65	130	1.00	190	0	7.00	0.00	0	15.00	1.00	1.00
990406 CINNAMON APPLES, BAKED	1/2 CUP	65	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03
990225 RICE CRISPY TREAT WG	PACKAGE	65	99	0.99	49	7	2.47	0.00	0	15.78	0.00	0.99
990276 VEGETABLE/ SALAD BAR	SERVINGS	55	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990277 FRUIT BAR	EACH	50	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			736	5.84	962	56	23.62	0.00	107	101.44	9.50	28.51
% of Calories				7.14%		30.4%	28.9%	0.0%		55.1%		15.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 08/29/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Aug 20, 2019 thru Aug 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990411 SLOPPY JOE SECONDARY	4 OZ	45	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990112 PIZZA, CHEESE 16"	SLICE	25	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00
990129 PIZZA, BUFFALO CHICKEN 16"	5.21 OZ SLICE	30	390	7.00	750	8	19.00	0.00	45	35.00	3.00	20.00
990277 FRUIT BAR	EACH	85	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	85	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	20	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	10	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			678	6.59	1062	53	19.93	0.00	52	96.02	11.64	32.12
% of Calories				8.75%		31.3%	26.5%	0.0%		56.6%		18.9%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 08/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990402 TACO SNACK	EACH	65	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990298 FRENCH DIP	SANDWICH	35	275	4.25	1095	3	10.25	0.00	35	26.75	2.00	16.75
990277 FRUIT BAR	EACH	95	102	0.02	3	21	0.28	0.00	0	25.52	2.98	0.76
990276 VEGETABLE/ SALAD BAR	SERVINGS	95	137	0.70	274	7	5.80	0.00	6	17.92	5.48	4.78

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 MILK, CHOC FF CARTON	CARTON	70	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	25	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00
Weighted Daily Average			675	7.17	1209	48	19.86	0.00	40	95.27	11.99	29.52
% of Calories				9.56%		28.4%	26.5%	0.0%		56.5%		17.5%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

**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.