

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 2019

Menu Name: SMALL SCHOOLS 9-12

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 10/01/2019

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)	Vit-A (IU)
990309 CHEESE STICK, MOZZARELLA CN 2 STICKS	SERVING (2)	100	300	6.00	640	4	12.00	0.00	30	34.01	2.00	16.00	0
990210 DIPPING SAUCE - (4 OZ)	4 OZ	100	78	1.42	429	9	2.15	0.00	0	11.23	2.16	3.99	501
990061 BROCCOLI, FROZEN CUTS 3/4 c	3/4 CUP	100	22	0.00	11	1	0.00	0.00	0	3.75	1.50	1.50	300
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00	0
990200 JUICE, APPLE	4 oz	100	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	1	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	5	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK, LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			656	7.80	1296	60	14.77	0.00	37	100.62	5.67	29.54	1301
% of Calories				10.70%		36.6%	20.3%	0.0%		61.4%		18.0%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Wednesday - 10/02/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990134 CHICKEN, TERIYAKI	2.85 OZ	100	146	1.00	414	14	2.50	0.00	53	14.00	0.00	15.00	100
990229 RICE, BROWN,	1 Cup, Prepar	100	174	0.00	7	0	1.53	0.00	0	36.75	2.04	4.08	0
990396 CARROTS & CELERY STICKS 3 OF EA	SERVING	100	31	0.04	84	3	0.23	0.00	0	7.12	2.50	0.92	9727
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990149 WINTER MIX , VEG. .75	3/4 CUP	100	38	0.00	30	2	0.00	0.00	0	6.02	3.01	3.01	341
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241
990032 FRUITABLE , GOLD RUSH	BOX	45	40	0.00	60	8	0.00	0.00	0	10.00	0.00	0.00	5000
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			705	2.75	1087	57	15.45	0.00	71	107.70	8.76	32.02	13222
% of Calories				3.51%		32.3%	19.7%	0.0%		61.1%		18.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Thursday - 10/03/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00	0
990049 ROLL, DINNER WG	ROLL	100	100	0.50	70	2	2.00	0.00	0	17.00	2.00	3.00	0
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	95	90	0.00	370	0	1.50	0.00	0	16.00	2.00	2.00	0
990350 GRAVY, BEEF LS	OZ	95	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990069 CORN KERNEL 1/2 C	1/2 CUP	95	65	0.00	15	3	1.00	0.00	0	15.00	2.00	2.00	0
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
000064 APPLES,Fresh	EACH	95	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	55	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			849	7.91	976	50	31.36	0.00	45	119.90	13.65	28.40	471
% of Calories				8.39%		23.6%	33.2%	0.0%		56.5%		13.4%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Friday - 10/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990252 CHICKEN SANDWICH BREADED SECONDARY	SANDWICH	100	340	1.50	540	5	11.00	0.00	45	38.00	6.00	25.00	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	85	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990152 JO JO'S, .75 C SEASONED CRISP SAVORY WEDGE	SERVING	95	173	1.33	400	0	6.00	0.00	0	28.02	4.00	2.67	0
990162 APPLE SAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	51	0.00	2	11	0.00	0.00	0	14.00	1.00	0.00	0
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
990202 MILK, LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	65	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK, LOW FAT WHITE CARTON	CARTON	28	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			727	3.30	1119	46	17.66	0.00	52	110.16	11.22	35.96	847
% of Calories				4.09%		25.3%	21.9%	0.0%		60.6%		19.8%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Monday - 10/07/2019

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)	Vit-A (IU)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50	0

Base Menu Spreadsheet

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Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990157 POTATO, TATER TOTS	1 CUP	95	258	1.98	377	0	13.89	0.00	0	29.76	1.98	1.98	0
990180 ORANGE	EACH	85	60	0.00	0	12	0.00	0.00	0	15.00	3.00	1.00	300
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	85	90	0.00	0	18	0.00	0.00	0	21.93	1.99	1.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			857	6.01	1147	53	25.82	0.00	66	125.25	13.64	25.09	755
% of Calories				6.31%		24.7%	27.1%	0.0%		58.5%		11.7%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Tuesday - 10/08/2019

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)	Vit-A (IU)
990352 CHEESEBURGER	SANDWICH	100	305	4.25	615	5	12.00	0.00	48	30.00	3.00	21.50	0
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	95	9	0.01	4	1	0.10	0.00	0	2.00	0.66	0.49	408
990055 BEANS, BAKED 3/4 CUP	3/4 CUP	100	210	0.00	825	18	1.50	0.00	0	43.50	7.50	9.00	0
990174 PEARS, DICED EXTRA LIGHT SYRUP	1/2 CUP	100	60	0.00	5	12	0.00	0.00	0	16.00	2.00	0.00	0

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990239 JUICE, ORANGE	EACH	95	50	0.00	0	12	0.00	0.00	0	13.00	0.00	0.00	0
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			756	4.64	1653	67	14.22	0.00	54	124.34	13.14	38.97	888
% of Calories				5.52%		35.4%	16.9%	0.0%		65.8%		20.6%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Wednesday - 10/09/2019

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)	Vit-A (IU)
990130 CHICKEN, POPCORN WG	3.3 OZ	100	250	2.50	380	1	14.00	0.00	25	15.00	3.00	15.00	100
990335 ROLL, DINNER WHITE WG	ROLL	100	70	0.25	125	2	1.00	0.00	0	13.00	1.00	2.00	0
990071 POTATOES, DEHYDRATED MASHED 3/4 C	3/4 Cup, Prepar	100	135	0.00	555	0	2.25	0.00	0	24.00	3.00	3.00	0
990350 GRAVY, BEEF LS	OZ	100	9	0.00	64	0	2.25	0.00	0	1.80	0.00	0.00	0
990405 SHAPE-UP CHERRY SPLASH	CONTAINER	100	70	0.00	50	11	0.00	0.00	0	16.00	0.00	1.00	0
990173 PEACHES DICED EXTRA LIGHT SYRUP	1 CUP	100	120	0.00	10	26	0.00	0.00	0	28.00	2.00	0.00	600

Base Menu Spreadsheet

Portion Values

Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	1	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ Poured	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	75	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			779	3.12	1388	59	20.13	0.00	31	118.39	9.01	29.01	1200
% of Calories				3.60%		30.3%	23.3%	0.0%		60.8%		14.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Thursday - 10/10/2019

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)	Vit-A (IU)
990332 MANWICH (SECONDARY)	4 OZ SERVINGS	100	306	3.86	787	11	9.73	0.00	43	41.29	7.04	18.65	316
990397 CARROTS,STICKS 6 EA	SERVING	100	46	0.04	78	5	0.27	0.00	0	10.86	3.18	1.06	18944
990380 RANCH SALAD DRESSING @ 2 oz	OZ	100	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990040 BEANS GREEN , LOW SODIUM, CANNED 1/2 CUP	1/2 Cup	100	16	0.00	140	1	0.00	0.00	0	3.00	1.99	0.99	100
990179 MIXED FRUIT COCKTAIL	1 CUP	100	72	0.00	6	14	0.00	0.00	0	18.10	1.21	0.00	241
990202 MILK , LF 1/2 GALLON CHOCOLATE Poured	8 OZ Poured	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500

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Portion Values

Oct 1, 2019 thru Oct 31, 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)	VIt-A (IU)
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			692	6.57	1548	56	22.79	0.00	64	98.42	14.16	29.70	20164
% of Calories				8.54%		32.4%	29.6%	0.0%		56.9%		17.2%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0						

Friday - 10/11/2019

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)	VIt-A (IU)
990112 PIZZA, CHEESE 16"	SLICE	100	370	7.00	490	9	16.00	0.00	35	35.00	3.00	21.00	0
990220 SALAD, ROMAINE TOSSED	SERVINGS	95	55	0.01	27	7	0.27	0.00	0	12.43	2.84	1.56	12075
990380 RANCH SALAD DRESSING @ 2 oz	OZ	95	104	1.19	325	2	10.31	0.00	11	1.62	0.00	1.00	62
990406 CINNAMON APPLES, BAKED	1/2 CUP	95	77	0.00	10	16	0.01	0.00	0	19.27	2.32	0.03	2
990200 JUICE, APPLE	4 oz	85	60	0.00	10	13	0.00	0.00	0	14.00	0.00	0.00	0
990202 MILK , LF 1/2 GALLON CHOCOLATE POURED	8 OZ POURED	75	160	1.50	240	25	2.50	0.00	10	27.00	1.00	8.00	500
990206 MILK, LF 1/2 GALLON WHITE	8 OZ POURED	1	110	1.50	130	12	2.50	0.00	15	13.00	0.00	9.00	500
990207 UHT MILK CARTON LF	CARTON	5	100	1.50	110	12	2.50	0.00	12	12.00	0.00	8.00	500

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Oct 1, 2019 thru Oct 31, 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)	Vit-A (IU)
990204 MILK, CHOC FF CARTON	CARTON	1	130	0.00	230	22	0.00	0.00	5	23.00	0.00	8.00	500
990205 MILK,LOW FAT WHITE CARTON	CARTON	18	110	1.50	125	12	2.50	0.00	10	13.00	0.00	8.00	500
Weighted Daily Average			792	9.62	1054	65	28.53	0.00	56	102.12	8.66	31.47	12033
% of Calories				10.93%		32.8%	32.4%	0.0%		51.6%		15.9%	
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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.