

Base Menu Spreadsheet

Weighted Values

Sep 23, 2019 thru Sep 30, 2019

Menu Name: (6-8) of K-12 LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 09/23/2019

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)
990402 TACO SNACK	EACH	100	350	7.00	560	3	15.00	0.00	25	38.00	5.00	16.00
990154 SALSA, GREEN CHILI	1/4 Cup	65	13	0.00	234	1	0.00	0.00	0	2.60	1.30	0.00
990037 BEANS, REFRIED 1/2 CUP	1/2 CUP	65	78	0.65	351	1	1.62	0.00	0	11.70	3.90	3.90
990369 VEGETABLE, SANTA FE BLEND-1/2 CUP	1/2 CUP	65	39	0.00	26	2	0.65	0.00	0	7.78	1.94	1.94
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	65	39	0.00	3	8	0.00	0.00	0	9.10	0.65	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.13	0.00	0.08
990204 MILK, CHOC FF CARTON	CARTON	98	127	0.00	225	22	0.00	0.00	5	22.54	0.00	7.84
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08
Weighted Daily Average			648	7.68	1402	37	17.32	0.00	30	91.97	12.79	29.84
% of Calories				10.67%		22.8%	24.1%	0.0%		56.8%		18.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Tuesday - 09/24/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 23, 2019 thru Sep 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)
990407 CHEESE STICKS	SERVING	100	303	6.05	494	4	11.09	0.00	30	30.25	3.02	19.16
990210 DIPPING SAUCE - (4 OZ)	4 OZ	85	67	1.21	365	7	1.82	0.00	0	9.55	1.84	3.39
990148 WINTER MIX , VEG.	1/2 CUP	65	16	0.00	13	1	0.00	0.00	0	2.60	1.30	1.30
990439 MANDARIN ORANGE, SINGLE SERVE	CONTAINER	100	70	0.00	0	14	0.00	0.00	0	17.00	0.00	0.00
990163 CRANBERRIES, DRIED, INDIVIDUAL	PACKAGE	65	72	0.00	0	16	0.00	0.00	0	18.20	1.95	0.00
990205 MILK, LOW FAT WHITE CARTON	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.13	0.00	0.08
990204 MILK, CHOC FF CARTON	CARTON	98	127	0.00	225	22	0.00	0.00	5	22.54	0.00	7.84
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08
Weighted Daily Average			656	7.29	1100	63	12.97	0.00	35	100.39	8.11	31.85
% of Calories				10.00%		38.4%	17.8%	0.0%		61.2%		19.4%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Wednesday - 09/25/2019

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)
990050 FRENCH TOAST STICKS	3 STICKS	100	211	2.01	291	11	9.02	0.00	105	26.07	2.00	8.02
990216 PORK, SAUSAGE LINKS, COOKED @2	LINKS	85	85	2.55	144	0	5.95	0.00	21	0.00	0.00	5.95
990156 POTATO, TATER TOTS	3/4 CUP	75	145	1.12	212	0	7.81	0.00	0	16.74	1.12	1.12
990406 CINNAMON APPLES, BAKED	1/2 CUP	45	35	0.00	4	7	0.00	0.00	0	8.67	1.05	0.01

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990200 JUICE, APPLE	4 oz	65	39	0.00	6	8	0.00	0.00	0	9.10	0.00	0.00
990217 SYRUP CUP, SMUCKER'S	CONTAINER	85	93	0.00	17	19	0.00	0.00	0	24.46	0.00	0.00
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	15	0.21	18	2	0.35	0.00	1	1.82	0.00	1.12
990204 MILK, CHOC FF CARTON	CARTON	85	110	0.00	196	19	0.00	0.00	4	19.55	0.00	6.80
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08
990399 HONEY BUN GRAHAMS	PACKAGE	75	98	0.75	98	6	3.38	0.00	0	15.75	0.75	1.50
Weighted Daily Average			831	6.65	987	72	26.54	0.00	132	122.28	4.92	24.60
% of Calories				7.20%		34.7%	28.7%	0.0%		58.9%		11.8%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Thursday - 09/26/2019

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)
990411 SLOPPY JOE SECONDARY	4 OZ	100	315	3.72	625	13	9.59	0.00	41	44.34	6.22	18.15
990394 CARROTS,STICKS 3EA	SERVING	85	20	0.02	33	2	0.12	0.00	0	4.62	1.35	0.45
990380 RANCH SALAD DRESSING @ 2 oz	OZ	85	88	1.01	276	1	8.77	0.00	10	1.38	0.00	0.85
990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP	3/4 Cup	85	17	0.00	149	1	0.00	0.00	0	3.18	2.12	1.06
990187 BANANAS,RAW	EACH	65	79	0.10	1	11	0.29	0.00	0	20.19	2.30	0.96
990205 MILK,LOW FAT WHITE CARTON	CARTON	14	15	0.21	18	2	0.35	0.00	1	1.82	0.00	1.12

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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	85	110	0.00	196	19	0.00	0.00	4	19.55	0.00	6.80
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08
Weighted Daily Average			646	5.07	1299	49	19.14	0.00	56	95.20	11.98	29.47
% of Calories				7.06%		30.3%	26.7%	0.0%		58.9%		18.2%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Friday - 09/27/2019

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)
990118 BEEF FINGERS, BREADED	SERVING (4 EA)	100	350	7.00	320	1	24.00	0.00	40	19.00	3.00	14.00
990335 ROLL, DINNER WHITE WG	ROLL	45	32	0.11	56	1	0.45	0.00	0	5.85	0.45	0.90
990043 POTATOES, DEHYDRATED MASHED 1/2 C	1/2 Cup, Prepar	65	58	0.00	240	0	0.98	0.00	0	10.40	1.30	1.30
990350 GRAVY, BEEF LS	OZ	65	6	0.00	42	0	1.47	0.00	0	1.17	0.00	0.00
990269 SALAD, SPINACH, CRANBERRY, MANDARIN	2 CUP	45	94	0.21	41	13	2.72	0.00	0	17.18	1.72	1.44
990164 STRAWBERRIES, DICED, CUP, FROZEN	EACH	45	40	0.00	0	8	0.00	0.00	0	9.87	0.90	0.45
990205 MILK, LOW FAT WHITE CARTON	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.13	0.00	0.08
990204 MILK, CHOC FF CARTON	CARTON	85	110	0.00	196	19	0.00	0.00	4	19.55	0.00	6.80
990207 UHT MILK CARTON LF	CARTON	14	14	0.21	15	2	0.35	0.00	2	1.68	0.00	1.12

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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)
990239 JUICE, ORANGE	EACH	45	22	0.00	0	5	0.00	0.00	0	5.85	0.00	0.00
Weighted Daily Average			728	7.55	912	49	29.98	0.00	46	90.68	7.37	26.09
% of Calories				9.33%		26.9%	37.1%	0.0%		49.8%		14.3%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

Monday - 09/30/2019

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)
990422 CHICKEN, CORN PUPS	8 EACH	100	360	3.75	585	8	12.00	0.00	60	45.00	7.50	13.50
990429 KK SEASONED FRIES 3/4	3.15 OZ	85	127	0.00	215	0	3.80	0.00	0	18.98	2.53	1.26
990171 PEACHES DICED EXTRA LIGHT SYRUP	1/2 CUP	85	51	0.00	4	11	0.00	0.00	0	11.90	0.85	0.00
990162 APPLESAUCE SINGLE SERVE CUP, PLAIN	SINGLE SERVE	85	43	0.00	2	9	0.00	0.00	0	11.90	0.85	0.00
990207 UHT MILK CARTON LF	CARTON	1	1	0.02	1	0	0.02	0.00	0	0.12	0.00	0.08
990205 MILK,LOW FAT WHITE CARTON	CARTON	85	94	1.28	106	10	2.12	0.00	8	11.05	0.00	6.80
990204 MILK, CHOC FF CARTON	CARTON	14	18	0.00	32	3	0.00	0.00	1	3.22	0.00	1.12
Weighted Daily Average			694	5.04	946	41	17.95	0.00	69	102.17	11.73	22.76
% of Calories				6.54%		23.6%	23.3%	0.0%		58.9%		13.1%
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0					

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			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)
Weighted Averages			700	7	1108	52	20.65	0.00	61	100.45	9.48	27.44
% of Calories				8.42%		29.7%	26.6%	0.0%		57.4%		15.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	700		600-700	100%				
Saturated Fat	6.55 g	8.42%	<10.000%					
Sodium	1108 mg		1360.000	81%				
Sugars	52 g	29.7%						
Total Fat	20.65 g	26.6%						
Trans Fat	0.00 g	0.0%						
Cholesterol	61 mg							
Carbohydrate	100.45 g	57.4%						
Fiber	9.48 g							
Protein	27.44 g	15.7%						

**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.