

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

**Menu Name:** (9-12) of K-12 LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 09/23/2019

**Reimbursable Meal Total 100**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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      | 95        | 20                       | 0.00                   | 360                    | 2          | 0.00      | 0.00                    | 0           | 4.00     | 2.00      | 0.00      |
| 990037 BEANS, REFRIED 1/2 CUP            | 1/2 CUP      | 95        | 120                      | 1.00                   | 540                    | 1          | 2.50      | 0.00                    | 0           | 18.00    | 6.00      | 6.00      |
| 990369 VEGETABLE, SANTA FE BLEND-1/2 CUP | 1/2 CUP      | 85        | 60                       | 0.00                   | 40                     | 3          | 1.00      | 0.00                    | 0           | 11.97    | 2.99      | 2.99      |
| 990173 PEACHES DICED EXTRA LIGHT SYRUP   | 1 CUP        | 85        | 120                      | 0.00                   | 10                     | 26         | 0.00      | 0.00                    | 0           | 28.00    | 2.00      | 0.00      |
| 990205 MILK,LOW FAT WHITE CARTON         | CARTON       | 1         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF CARTON              | CARTON       | 98        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |
| 990207 UHT MILK CARTON LF                | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |
| Weighted Daily Average                   |              |           | 765                      | 7.98                   | 1685                   | 52         | 18.27     | 0.00                    | 30          | 115.66   | 16.84     | 32.24     |
| % of Calories                            |              |           |                          | 9.39%                  |                        | 27.2%      | 21.5%     | 0.0%                    |             | 60.5%    |           | 16.9%     |
| Weekly Nutrient Guideline                |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Tuesday - 09/24/2019

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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        | 78                       | 1.42                   | 429                    | 9          | 2.15      | 0.00                    | 0           | 11.23    | 2.16      | 3.99      |
| 990149 WINTER MIX , VEG. .75          | 3/4 CUP      | 85        | 38                       | 0.00                   | 30                     | 2          | 0.00      | 0.00                    | 0           | 6.02     | 3.01      | 3.01      |
| 990439 MANDARIN ORANGE, SINGLE SERVE  | CONTAINER    | 95        | 70                       | 0.00                   | 0                      | 14         | 0.00      | 0.00                    | 0           | 17.00    | 0.00      | 0.00      |
| 990163 CRANBERRIES, DRIED, INDIVIDUAL | PACKAGE      | 85        | 110                      | 0.00                   | 0                      | 24         | 0.00      | 0.00                    | 0           | 28.00    | 3.00      | 0.00      |
| 990205 MILK, LOW FAT WHITE CARTON     | CARTON       | 1         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF CARTON           | CARTON       | 98        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |
| 990207 UHT MILK CARTON LF             | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |
| Weighted Daily Average                |              |           | 691                      | 7.29                   | 1112                   | 68         | 12.97     | 0.00                    | 35          | 107.66   | 9.97      | 33.11     |
| % of Calories                         |              |           |                          | 9.49%                  |                        | 39.4%      | 16.9%     | 0.0%                    |             | 62.3%    |           | 19.2%     |
| Weekly Nutrient Guideline             |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Wednesday - 09/25/2019

Reimbursable Meal Total 100

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990354 FRENCH TOAST STICKS SECONDARY  | 4 STICKS     | 100       | 281                      | 2.67                   | 387                    | 15         | 12.02     | 0.00                    | 140         | 34.73    | 2.67      | 10.69     |
| 990216 PORK, SAUSAGE LINKS, COOKED @2 | LINKS        | 85        | 100                      | 3.00                   | 170                    | 0          | 7.00      | 0.00                    | 25          | 0.00     | 0.00      | 7.00      |
| 990157 POTATO, TATER TOTS             | 1 CUP        | 65        | 258                      | 1.98                   | 377                    | 0          | 13.89     | 0.00                    | 0           | 29.76    | 1.98      | 1.98      |
| 990406 CINNAMON APPLES, BAKED         | 1/2 CUP      | 45        | 77                       | 0.00                   | 10                     | 16         | 0.01      | 0.00                    | 0           | 19.27    | 2.32      | 0.03      |

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                                  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|----------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990200 JUICE, APPLE              | 4 oz         | 65        | 60                       | 0.00                   | 10                     | 13         | 0.00      | 0.00                    | 0           | 14.00    | 0.00      | 0.00      |
| 990205 MILK,LOW FAT WHITE CARTON | CARTON       | 14        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF CARTON      | CARTON       | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |
| 990207 UHT MILK CARTON LF        | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |
| 990399 HONEY BUN GRAHAMS         | PACKAGE      | 85        | 130                      | 1.00                   | 130                    | 8          | 4.50      | 0.00                    | 0           | 21.00    | 1.00      | 2.00      |
| Weighted Daily Average           |              |           | 844                      | 7.59                   | 1113                   | 58         | 31.20     | 0.00                    | 167         | 111.19   | 5.86      | 27.64     |
| % of Calories                    |              |           |                          | 8.09%                  |                        | 27.5%      | 33.3%     | 0.0%                    |             | 52.7%    |           | 13.1%     |
| Weekly Nutrient Guideline        |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Thursday - 09/26/2019

Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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      | 95        | 23                       | 0.02                   | 39                     | 3          | 0.14      | 0.00                    | 0           | 5.43     | 1.59      | 0.53      |
| 990380 RANCH SALAD DRESSING @ 2 oz              | OZ           | 95        | 104                      | 1.19                   | 325                    | 2          | 10.31     | 0.00                    | 11          | 1.62     | 0.00      | 1.00      |
| 990064 BEANS GREEN , LOW SODIUM, CANNED 3/4 CUP | 3/4 Cup      | 95        | 20                       | 0.00                   | 175                    | 1          | 0.00      | 0.00                    | 0           | 3.74     | 2.49      | 1.24      |
| 990187 BANANAS,RAW                              | EACH         | 95        | 121                      | 0.15                   | 1                      | 17         | 0.45      | 0.00                    | 0           | 31.06    | 3.54      | 1.48      |
| 990205 MILK,LOW FAT WHITE CARTON                | CARTON       | 14        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF CARTON                     | CARTON       | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                              | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|------------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990207 UHT MILK<br>CARTON LF | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |
| Weighted Daily Average       |              |           | 697                      | 5.24                   | 1353                   | 55         | 20.32     | 0.00                    | 57          | 105.60   | 13.45     | 30.19     |
| % of Calories                |              |           |                          | 6.77%                  |                        | 31.6%      | 26.2%     | 0.0%                    |             | 60.6%    |           | 17.3%     |
| Weekly Nutrient Guideline    |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

Friday - 09/27/2019

Reimbursable Meal Total 100

|   | Portion Size       | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---|--------------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990118 BEEF FINGERS,<br>BREADED                 | SERVING (4<br>EA)  | 100       | 350                      | 7.00                   | 320                    | 1          | 24.00     | 0.00                    | 40          | 19.00    | 3.00      | 14.00     |
| 990335 ROLL, DINNER<br>WHITE WG                 | ROLL               | 65        | 70                       | 0.25                   | 125                    | 2          | 1.00      | 0.00                    | 0           | 13.00    | 1.00      | 2.00      |
| 990043 POTATOES,<br>DEHYDRATED MASHED<br>1/2 C  | 1/2 Cup,<br>Prepar | 95        | 90                       | 0.00                   | 370                    | 0          | 1.50      | 0.00                    | 0           | 16.00    | 2.00      | 2.00      |
| 990350 GRAVY, BEEF LS                           | OZ                 | 95        | 9                        | 0.00                   | 64                     | 0          | 2.25      | 0.00                    | 0           | 1.80     | 0.00      | 0.00      |
| 990269 SALAD,<br>SPINACH,CRANBERRY,<br>MANDARIN | 2 CUP              | 65        | 209                      | 0.47                   | 91                     | 30         | 6.04      | 0.00                    | 0           | 38.18    | 3.83      | 3.20      |
| 990164 STRAWBERRIES,<br>DICED, CUP, FROZEN      | EACH               | 95        | 90                       | 0.00                   | 0                      | 18         | 0.00      | 0.00                    | 0           | 21.93    | 1.99      | 1.00      |
| 990205 MILK,LOW FAT<br>WHITE CARTON             | CARTON             | 1         | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF<br>CARTON                  | CARTON             | 85        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |
| 990207 UHT MILK<br>CARTON LF                    | CARTON             | 14        | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                           | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (g) | Cholst (mg) | Carb (g) | Fiber (g) | Protn (g) |
|---------------------------|--------------|-----------|--------------------------|------------------------|------------------------|------------|-----------|-------------------------|-------------|----------|-----------|-----------|
| 990239 JUICE, ORANGE      | EACH         | 65        | 50                       | 0.00                   | 0                      | 12         | 0.00      | 0.00                    | 0           | 13.00    | 0.00      | 0.00      |
| Weighted Daily Average    |              |           | 869                      | 7.69                   | 1085                   | 66         | 32.52     | 0.00                    | 46          | 119.82   | 9.93      | 28.23     |
| % of Calories             |              |           |                          | 7.96%                  |                        | 30.4%      | 33.7%     | 0.0%                    |             | 55.2%    |           | 13.0%     |
| Weekly Nutrient Guideline |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

### Monday - 09/30/2019

### Reimbursable Meal Total 100

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | S-Fat <sup>1</sup> (g) | Sodm <sup>1</sup> (mg) | Sugars (g) | T-Fat (g) | Tr-Fat <sup>2</sup> (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     |
| 990430 KK SEASONED FRIES 1 C              | 4.2 OZ       | 100       | 198                      | 0.00                   | 337                    | 0          | 5.95      | 0.00                    | 0           | 29.77    | 3.97      | 1.98      |
| 990171 PEACHES DICED EXTRA LIGHT SYRUP    | 1/2 CUP      | 100       | 60                       | 0.00                   | 5                      | 13         | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      |
| 990162 APPLESAUCE SINGLE SERVE CUP, PLAIN | SINGLE SERVE | 85        | 51                       | 0.00                   | 2                      | 11         | 0.00      | 0.00                    | 0           | 14.00    | 1.00      | 0.00      |
| 990205 MILK,LOW FAT WHITE CARTON          | CARTON       | 25        | 110                      | 1.50                   | 125                    | 12         | 2.50      | 0.00                    | 10          | 13.00    | 0.00      | 8.00      |
| 990204 MILK, CHOC FF CARTON               | CARTON       | 70        | 130                      | 0.00                   | 230                    | 22         | 0.00      | 0.00                    | 5           | 23.00    | 0.00      | 8.00      |
| 990207 UHT MILK CARTON LF                 | CARTON       | 1         | 100                      | 1.50                   | 110                    | 12         | 2.50      | 0.00                    | 12          | 12.00    | 0.00      | 8.00      |
| Weighted Daily Average                    |              |           | 781                      | 4.14                   | 1122                   | 48         | 18.60     | 0.00                    | 66          | 120.14   | 13.32     | 23.16     |
| % of Calories                             |              |           |                          | 4.77%                  |                        | 24.6%      | 21.4%     | 0.0%                    |             | 61.5%    |           | 11.9%     |
| Weekly Nutrient Guideline                 |              |           | 750 - 850                | <10                    | 1420                   |            | <=0       |                         |             |          |           |           |

# Base Menu Spreadsheet

## Portion Values

Sep 23, 2019 thru Sep 30, 2019

|                   |  |  | Cals <sup>1</sup><br>(kcal) | S-Fat <sup>1</sup><br>(g) | Sodm <sup>1</sup><br>(mg) | Sugars<br>(g) | T-Fat<br>(g) | Tr-Fat <sup>2</sup><br>(g) | Cholst<br>(mg) | Carb<br>(g) | Fiber<br>(g) | Protn<br>(g) |
|-------------------|--|--|-----------------------------|---------------------------|---------------------------|---------------|--------------|----------------------------|----------------|-------------|--------------|--------------|
| Weighted Averages |  |  | 774                         | 7                         | 1245                      | 58            | 22.31        | 0.00                       | 67             | 113.34      | 11.56        | 29.10        |
| % of Calories     |  |  |                             | 7.74%                     |                           | 30.0%         | 25.9%        | 0.0%                       |                | 58.6%       |              | 15.0%        |

| Nutrient      | Menu Average | % of Cals | Weekly Target | % of Target | Shortfall | Overage | Missing Data | Error Messages (if any) |
|---------------|--------------|-----------|---------------|-------------|-----------|---------|--------------|-------------------------|
| Calories      | 774          |           | 750-850       | 100%        |           |         |              |                         |
| Saturated Fat | 6.66 g       | 7.74%     | <10.000%      |             |           |         |              |                         |
| Sodium        | 1245 mg      |           | 1420.000      | 88%         |           |         |              |                         |
| Sugars        | 58 g         | 30.0%     |               |             |           |         |              |                         |
| Total Fat     | 22.31 g      | 25.9%     |               |             |           |         |              |                         |
| Trans Fat     | 0.00 g       | 0.0%      |               |             |           |         |              |                         |
| Cholesterol   | 67 mg        |           |               |             |           |         |              |                         |
| Carbohydrate  | 113.34 g     | 58.6%     |               |             |           |         |              |                         |
| Fiber         | 11.56 g      |           |               |             |           |         |              |                         |
| Protein       | 29.10 g      | 15.0%     |               |             |           |         |              |                         |

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**