

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: GLOBAL HIGH LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990215 Cheesy BBQ Tots	serving	25	73	2	7.29	4.12
990216 Cheesy Tots	serving	75	166	3	19.91	4.78
001477 Baked Beans	1/2 cup	80	112	10	24.00	4.00
000634 Sour Cream	Packet	75	45	1	0.75	0.75
000953 Bread stick	each	85	119	2	22.95	4.25
000115 Pineapple Tidbits	1/2 cup	85	74	16	18.31	0.87
000904 Strawberry Craisins	1 bag	40	44	10	11.20	0.00
000589 White Milk	each	30	30	4	3.60	2.40
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			729	57	119.41	25.97
% of Calories				31.3%	65.5%	14.2%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/03/2020

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990232 Enchilada w/ chips & cheese	serving	100	382	4	40.68	13.78
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	86	16	17.18	1.30
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			795	55	114.31	31.47
% of Calories				27.7%	57.5%	15.8%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001146 Steak Fingers	4 Each	100	262	1	16.13	15.12
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	61	1	12.62	1.44
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	70	14	18.90	0.00
000648 Orange	each	70	32	6	7.90	0.63
000957 Honey Wheat Roll	roll	95	133	2	24.70	3.80

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001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			700	44	104.49	29.69
% of Calories				25.1%	59.7%	17.0%
Weekly Nutrient Guideline			750 - 850			

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990239 Pepperoni Pizza	slice	50	135	2	16.50	7.50
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50
000521 Steamed Spinach	1/2 cup	40	20	0	3.20	1.60
001514 Cucumber and Baby Carrots	1/2 cup	40	36	1	2.20	0.54
001043 Diced Peaches	1/2 cup	70	45	9	11.19	0.00
990176 Watermelon Craisins	packet	85	94	20	23.80	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			583	51	90.54	25.74
% of Calories				35.0%	62.1%	17.7%
Weekly Nutrient Guideline			750 - 850			

Monday - 03/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	50	152	6	19.01	10.01
990233 Chili w max Stix	bowl	50	284	2	20.75	15.75
000461 Baby Carrots w/ Ranch	1/2 cup	90	91	4	7.55	0.85
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
000115 Pineapple Tidbits	1/2 cup	85	74	16	18.31	0.87
000648 Orange	each	60	27	5	6.77	0.54
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			745	52	91.64	36.39
% of Calories				27.9%	49.2%	19.5%
Weekly Nutrient Guideline			750 - 850			

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Tuesday - 03/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990232 Enchilada w/ chips & cheese	serving	100	382	4	40.68	13.78
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	86	16	17.18	1.30
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			795	55	114.31	31.47
% of Calories				27.7%	57.5%	15.8%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990231 Popcorn Chicken	12 pieces	100	250	1	14.98	14.98
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	61	1	12.62	1.44
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	70	14	18.90	0.00

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000773 Strawberry Cup	each	80	72	14	17.60	0.80
000957 Honey Wheat Roll	roll	90	126	2	23.40	3.60
001279 Ketchup Cup	cup	75	23	4	5.25	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			722	52	112.10	29.53
% of Calories				28.8%	62.1%	16.4%
Weekly Nutrient Guideline		750 - 850				

Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990239 Pepperoni Pizza	slice	50	135	2	16.50	7.50
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50
000521 Steamed Spinach	1/2 cup	40	20	0	3.20	1.60
990000 Steamed Corn	1/2 cup	95	59	2	16.85	2.53
001043 Diced Peaches	1/2 cup	85	55	11	13.59	0.00
990176 Watermelon Craisins	packet	85	94	20	23.80	0.00
000589 White Milk	each	22	22	3	2.64	1.76

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			617	53	107.83	27.89
% of Calories				34.4%	69.9%	18.1%
Weekly Nutrient Guideline			750 - 850			

Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001517 Chicken & Waffle	serving	60	269	16	36.52	10.18
000991 Catfish Strips w/ bread stick	servings	40	136	1	15.60	9.20
000461 Baby Carrots w/ Ranch	1/2 cup	90	91	4	7.55	0.85
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
990160 Mandarin Oranges	1/2 cup	90	82	16	18.30	0.97
001331 Apple Slices in Bag	2 oz bag	75	22	4	5.25	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			712	58	101.87	29.16
% of Calories				32.6%	57.2%	16.4%
Weekly Nutrient Guideline			750 - 850			

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Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990161 Spaghetti w/ Meat Sauce HS	servings	70	290	5	36.11	16.82
001384 Lasagna Roll	serving	30	111	2	10.12	6.69
990077 Mozzarella Max Stix	1 Stix	75	120	1	12.01	5.26
000945 Steamed Broccoli	1/2 cup	70	25	0	3.40	0.85
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000115 Pineapple Tidbits	1/2 cup	75	65	14	16.16	0.77
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			813	57	118.52	39.02
% of Calories				28.0%	58.3%	19.2%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	100	386	0	32.09	16.97
001098 Refried Beans w/cheese	1/2 cup	60	101	1	14.01	6.23

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990146 Roasted Corn	1/2 Cup	60	72	5	13.20	1.80
000634 Sour Cream	Packet	40	24	0	0.40	0.40
990139 Salsa Ranchera	1/4 cup	40	6	0	0.40	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	70	63	13	15.40	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	86	16	17.18	1.30
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			824	49	106.47	33.11
% of Calories				23.8%	51.7%	16.1%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990096 Chicken Tenders	3 tenders	100	250	1	16.00	15.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	95	64	1	13.32	1.52
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	75	65	13	17.72	0.00
000648 Orange	each	60	27	5	6.77	0.54
000957 Honey Wheat Roll	roll	95	133	2	24.70	3.80
001279 Ketchup Cup	cup	75	23	4	5.25	0.00

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000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			683	43	103.10	29.56
% of Calories				25.2%	60.4%	17.3%
Weekly Nutrient Guideline			750 - 850			

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990239 Pepperoni Pizza	slice	60	162	3	19.80	9.00
990113 French Bread Cheese Pizza	Slice	40	120	2	13.60	6.80
000521 Steamed Spinach	1/2 cup	43	22	0	3.44	1.72
990000 Steamed Corn	1/2 cup	80	50	1	14.19	2.13
001043 Diced Peaches	1/2 cup	75	49	9	11.99	0.00
990176 Watermelon Craisins	packet	85	94	20	23.80	0.00
000589 White Milk	each	22	22	3	2.64	1.76
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			600	52	103.71	27.41
% of Calories				34.7%	69.1%	18.3%
Weekly Nutrient Guideline			750 - 850			

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Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001517 Chicken & Waffle	serving	40	180	10	24.35	6.79
000991 Catfish Strips w/ bread stick	servings	60	204	2	23.40	13.80
000461 Baby Carrots w/ Ranch	1/2 cup	85	86	4	7.13	0.80
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
990160 Mandarin Oranges	1/2 cup	90	82	16	18.30	0.97
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			682	53	96.38	30.32
% of Calories				31.1%	56.5%	17.8%
Weekly Nutrient Guideline			750 - 850			

Monday - 03/30/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990215 Cheesy BBQ Tots	serving	25	73	2	7.29	4.12
990216 Cheesy Tots	serving	75	166	3	19.91	4.78
001477 Baked Beans	1/2 cup	80	112	10	24.00	4.00

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000634 Sour Cream	Packet	75	45	1	0.75	0.75
000953 Bread stick	each	85	119	2	22.95	4.25
000115 Pineapple Tidbits	1/2 cup	85	74	16	18.31	0.87
000904 Strawberry Craisins	1 bag	40	44	10	11.20	0.00
000589 White Milk	each	30	30	4	3.60	2.40
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			729	57	119.41	25.97
% of Calories				31.3%	65.5%	14.2%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990232 Enchilada w/ chips & cheese	serving	100	382	4	40.68	13.78
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	86	16	17.18	1.30
000589 White Milk	each	25	25	3	3.00	2.00

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			795	55	114.31	31.47
% of Calories				27.7%	57.5%	15.8%
Weekly Nutrient Guideline			750 - 850			

			Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			720	53	107.40	30.26
% of Calories				29.4%	59.7%	16.8%

- *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.