

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: TURNER PRE-K 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)
990216 Cheesy Tots	serving	100	222	4	26.55	6.37
990082 Broccoli Grinch Dip	1/2 cup	100	174	2	4.29	2.71
990260 One Fish Two Fish	package	100	100	0	14.00	2.00
990083 Cat in the Hat Veggies	1/2 cup	100	10	1	2.38	0.48
990085 Trufula Fruit Beezlenut Berries	1/2 cup	100	32	5	7.82	0.28
000589 White Milk	each	100	100	12	12.00	8.00
Weighted Daily Average			639	24	67.03	19.84
% of Calories				15.0%	42.0%	12.4%
Weekly Nutrient Guideline			550 - 650			7.30

Tuesday - 03/03/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	1	311	0	29.60	14.04
990185 Refried Beans w/cheese	1/4 cup	1	84	1	11.67	5.19
990180 Diced Peaches	1/4 cup	1	35	6	8.49	0.00

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000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			531	19	61.76	27.23
% of Calories				14.3%	46.5%	20.5%
Weekly Nutrient Guideline			550 - 650			7.30

Wednesday - 03/04/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990230 Chicken Nugget	5 nuggets	1	184	0	9.62	13.66
990193 Mashed Potatoes w/ Gravy	1/4 cup	1	35	0	7.21	0.80
990181 Diced Pears	1/4 cup	1	45	8	10.55	0.00
000839 Roll	each	1	99	2	18.79	2.97
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			464	22	58.16	25.43
% of Calories				19.0%	50.1%	21.9%
Weekly Nutrient Guideline			550 - 650			7.30

Thursday - 03/05/2020

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza *	slice	1	310	8	34.00	16.00
990189 Steamed Corn	1/4 cup	1	31	1	8.87	1.33
990182 Mandarin Oranges	1/4 cup	1	48	9	10.66	0.54
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			489	30	65.53	25.87
% of Calories				24.5%	53.6%	21.2%
Weekly Nutrient Guideline			550 - 650			7.30

Monday - 03/16/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001366 Glazed Drumstick	1 Each	1	261	0	5.81	23.22
990184 Baked Beans	1/4 cup	1	70	6	15.00	2.50
990183 Pineapple Tidbits	1/4 cup	1	42	8	9.90	0.52
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			473	26	42.70	34.24
% of Calories				22.0%	36.1%	29.0%
Weekly Nutrient Guideline			550 - 650			7.30

Tuesday - 03/17/2020

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001422 Spaghetti w/Meat Sauce	serving	1	317	6	29.50	21.38
990187 Steamed Carrots	1/4 Cup Serving	1	13	2	3.23	0.54
990180 Diced Peaches	1/4 cup	1	35	6	8.49	0.00
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			465	26	53.22	29.92
% of Calories				22.4%	45.8%	25.7%
Weekly Nutrient Guideline			550 - 650			7.30

Wednesday - 03/18/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990230 Chicken Nugget	5 nuggets	1	184	0	9.62	13.66
990193 Mashed Potatoes w/ Gravy	1/4 cup	1	35	0	7.21	0.80
990181 Diced Pears	1/4 cup	1	45	8	10.55	0.00
000839 Roll	each	1	99	2	18.79	2.97

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			464	22	58.16	25.43
% of Calories				19.0%	50.1%	21.9%
Weekly Nutrient Guideline			550 - 650			7.30

Thursday - 03/19/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza *	slice	1	310	8	34.00	16.00
990189 Steamed Corn	1/4 cup	1	31	1	8.87	1.33
990182 Mandarin Oranges	1/4 cup	1	48	9	10.66	0.54
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			489	30	65.53	25.87
% of Calories				24.5%	53.6%	21.2%
Weekly Nutrient Guideline			550 - 650			7.30

Friday - 03/20/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheeseburger	burger	1	401	4	29.54	27.05

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990258 Fish Shapes	4 shapes	1	220	1	19.00	15.00
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 Rosy Applesauce	1/4 CUP	1	31	7	7.06	0.18
000821 Ketchup Packets	2 PC	1	20	4	4.00	0.00
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			892	28	89.60	52.22
% of Calories				12.6%	40.2%	23.4%
Weekly Nutrient Guideline			550 - 650			7.30

Monday - 03/23/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001417 Grilled Cheese Sandwich	EACH	1	240	5	32.00	13.00
990186 Steamed Broccoli	1/4 cup	1	17	0	2.22	0.56
990183 Pineapple Tidbits	1/4 cup	1	42	8	9.90	0.52
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			398	25	56.12	22.08
% of Calories				25.1%	56.4%	22.2%
Weekly Nutrient Guideline			550 - 650			7.30

Tuesday - 03/24/2020

Reimbursable Meal Total 1

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Weighted Values

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	1	386	0	32.09	16.97
990185 Refried Beans w/cheese	1/4 cup	1	84	1	11.67	5.19
990180 Diced Peaches	1/4 cup	1	35	6	8.49	0.00
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			605	19	64.25	30.17
% of Calories				12.6%	42.5%	19.9%
Weekly Nutrient Guideline			550 - 650			7.30

Wednesday - 03/25/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001146 Steak Fingers	4 Each	1	262	1	16.13	15.12
990193 Mashed Potatoes w/ Gravy	1/4 cup	1	35	0	7.21	0.80
990181 Diced Pears	1/4 cup	1	45	8	10.55	0.00
000839 Roll	each	1	99	2	18.79	2.97
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			541	23	64.68	26.89
% of Calories				17.0%	47.8%	19.9%
Weekly Nutrient Guideline			550 - 650			7.30

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Thursday - 03/26/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza *	slice	1	310	8	34.00	16.00
990189 Steamed Corn	1/4 cup	1	31	1	8.87	1.33
990182 Mandarin Oranges	1/4 cup	1	48	9	10.66	0.54
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			489	30	65.53	25.87
% of Calories				24.5%	53.6%	21.2%
Weekly Nutrient Guideline			550 - 650			7.30

Friday - 03/27/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheeseburger	burger	1	401	4	29.54	27.05
990258 Fish Shapes	4 shapes	1	220	1	19.00	15.00
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 Rosy Applesauce	1/4 CUP	1	31	7	7.06	0.18
000821 Ketchup Packets	2 PC	1	20	4	4.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			892	28	89.60	52.22
% of Calories				12.6%	40.2%	23.4%
Weekly Nutrient Guideline			550 - 650			7.30

Monday - 03/30/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	1	303	12	38.02	20.02
000945 Steamed Broccoli	1/2 cup	1	36	0	4.85	1.21
990183 Pineapple Tidbits	1/4 cup	1	42	8	9.90	0.52
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			481	32	64.76	29.76
% of Calories				26.6%	53.9%	24.7%
Weekly Nutrient Guideline			550 - 650			7.30

Tuesday - 03/31/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000152 Soft Beef Taco	1 each	1	288	1	17.28	15.96

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990185 Refried Beans w/cheese	1/4 cup	1	84	1	11.67	5.19
990180 Diced Peaches	1/4 cup	1	35	6	8.49	0.00
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			507	20	49.44	29.16
% of Calories				15.8%	39.0%	23.0%
Weekly Nutrient Guideline			550 - 650			7.30

			Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			551	25	63.50	30.14
% of Calories				18.1%	46.1%	21.9%

**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.