

Base Menu Spreadsheet

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

Menu Name: HIGH SCHOOL LINE 1 Potato

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/04/2019

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	49	137	0	2.96	3.82
990079 Fiestada	Pizzas	25	60	119	1	7.18	2.84
001244 Baked Potato	each	100	166	13	2	37.78	4.43
990057 Diced Beef	3.28 oz	40	39	43	2	2.00	5.42
001191 Chili	5 oz.	20	24	35	0	1.22	1.99
000634 Sour Cream	Packet	70	28	7	0	0.47	0.47
001245 Butter	2 PC	100	60	100	0	0.00	0.00
990068 Cheese Mixture	1 oz	100	75	118	*0	0.67	4.67
990056 Chives	P.C.	30	0	0	*N/A*	0.03	0.01
000965 Baked Beans	1/2 Cup	20	19	49	2	4.00	0.80
001274 Garden Salad	Salad	45	4	6	*0	0.92	0.28
000581 Carrot / Cucumbers	1/2 Cup	55	7	10	1	1.56	0.17
000953 Bread stick WG 7" 2oz.	each	49	46	62	1	8.82	1.63
001503 Ranch Dressing	2 Tbsp	80	27	160	1	4.27	0.53
000064 Fresh Apple	each	20	13	0	3	3.35	0.06

Base Menu Spreadsheet

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

001476 Banana	each	30	30	0	4	7.75	0.37
000650 Cherry Jello w/ Pineapples	1/2 cup	75	22	13	*4	4.59	0.24
001043 Peaches, Diced Ex Lt Syrup	1/2cup	60	26	2	5	6.00	0.00
000648 Orange	each	11	3	0	1	0.83	0.07
000526 Pears, fresh	each	11	7	0	1	1.85	0.04
001107 GRAPEFRUIT	1/2 EACH	10	7	0	2	1.79	0.14
000589 White Milk	each	30	20	25	2	2.40	1.60
000588 Chocolate Milk	each	60	44	40	7	7.60	3.20
Weighted Daily Average			776	941	*38	108.03	32.78
% of Calories					*19.6%	55.7%	16.9%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 03/05/2019

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	49	137	0	2.96	3.82
990079 Fiestada	Pizzas	25	60	119	1	7.18	2.84
001244 Baked Potato	each	100	166	13	2	37.78	4.43
990057 Diced Beef	3.28 oz	40	39	43	2	2.00	5.42
001191 Chili	5 oz.	20	24	35	0	1.22	1.99
000634 Sour Cream	Packet	70	28	7	0	0.47	0.47

Base Menu Spreadsheet

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

001245 Butter	2 PC	100	60	100	0	0.00	0.00
990068 Cheese Mixture	1 oz	100	75	118	*0	0.67	4.67
990056 Chives	P.C.	30	0	0	*N/A*	0.03	0.01
001274 Garden Salad	Salad	45	4	6	*0	0.92	0.28
000581 Carrot / Cucumbers	1/2 Cup	55	7	10	1	1.56	0.17
000953 Bread stick WG 7" 2oz.	each	49	46	62	1	8.82	1.63
001503 Ranch Dressing	2 Tbsp	80	27	160	1	4.27	0.53
000064 Fresh Apple	each	20	13	0	3	3.35	0.06
001476 Banana	each	30	30	0	4	7.75	0.37
000650 Cherry Jello w/ Pineapples	1/2 cup	75	22	13	*4	4.59	0.24
001043 Peaches, Diced Ex Lt Syrup	1/2cup	60	26	2	5	6.00	0.00
000648 Orange	each	11	3	0	1	0.83	0.07
000526 Pears, fresh	each	11	7	0	1	1.85	0.04
001107 GRAPEFRUIT	1/2 EACH	10	7	0	2	1.79	0.14
000589 White Milk	each	30	20	25	2	2.40	1.60
000588 Chocolate Milk	each	60	44	40	7	7.60	3.20
Weighted Daily Average			758	892	*36	104.03	31.98
% of Calories					*19.0%	54.9%	16.9%
Weekly Nutrient Guideline			750 - 850	1420			

Base Menu Spreadsheet

Waxahachie Independent School District

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

**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.*