

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: TURNER PRE-K LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	1	240	670	11	33.00	11.00
001477 Baked Beans	1/2 cup	1	140	370	12	30.00	6.00
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			660	1335	54	111.00	26.00
% of Calories					32.7%	67.3%	15.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Tuesday - 04/02/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	1	420	725	*1	37.39	17.04
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
001036 Diced Pears	1/2 cup	1	82	14	15	19.30	0.00

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000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			765	1068	*31	92.87	35.86
% of Calories					*16.2%	48.6%	18.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Wednesday - 04/03/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	1	70	286	*1	14.42	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			710	1103	*33	96.34	35.66
% of Calories					*18.6%	54.3%	20.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 04/04/2019

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	1	300	660	13	35.00	16.00
000948 Cucumbers & Tomatoes	1/2 cup	1	100	192	*2	3.38	1.48
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			597	978	*36	73.08	*27.46
% of Calories					*24.1%	49.0%	*18.4%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Friday - 04/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	1	264	648	5	24.23	21.71
001524 Emoji Fries	4 Emoji	1	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	1	11	8	1	2.21	0.67
000103 Mandarin Oranges	1/2 cup	1	93	10	22	23.44	0.98
000821 Ketchup Packets	2 PC	1	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	1	5	85	0	0.75	0.50

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Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			612	1006	44	84.64	33.86
% of Calories					28.8%	55.3%	22.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Monday - 04/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001417 Grilled Cheese Sandwich	EACH	1	227	616	6	32.97	10.93
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
000945 Steamed Broccoli	1/2 cup	1	27	23	*N/A*	5.07	2.93
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			534	934	*37	86.03	22.86
% of Calories					*27.7%	64.4%	17.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Tuesday - 04/09/2019

Reimbursable Meal Total 1

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Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001422 Spaghetti w/Meat Sauce	serving	1	314	465	*6	29.50	21.46
001202 Garden Salad w/Ranch	each	1	103	203	*1	3.60	1.91
001312 Steamed Carrots	1/2 Cup Serving	1	34	55	*4	7.61	0.00
001036 Diced Pears	1/2 cup	1	82	14	15	19.30	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			633	862	*38	72.00	31.36
% of Calories					*24.0%	45.5%	19.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Wednesday - 04/10/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	1	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	1	64	251	*1	13.62	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			708	870	*33	96.26	33.58
% of Calories					*18.6%	54.4%	19.0%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 04/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	1	352	649	1	35.39	14.04
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			696	972	*23	90.42	*33.36
% of Calories					*13.2%	52.0%	*19.2%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Friday - 04/12/2019

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001025 Crispy Chicken Sandwich	each	1	390	610	5	37.75	21.25
001524 Emoji Fries	4 Emoji	1	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	1	11	8	1	2.21	0.67
000771 Kiwi Strawberry Sidekick	each	1	80	45	*N/A*	20.00	0.00
000821 Ketchup Packets	2 PC	1	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	1	5	85	0	0.75	0.50
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			726	1003	*22	94.71	32.42
% of Calories					*12.1%	52.2%	17.9%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Monday - 04/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001322 Macaroni N Cheese in Bag	2/3 CUP	1	280	670	6	29.01	17.00
000521 Steamed Spinach	1/2 cup	1	60	240	*2	6.01	4.00
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			620	1205	*39	83.01	30.01
% of Calories					*25.2%	53.6%	19.4%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Tuesday - 04/16/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000152 Soft Beef Taco	1 each	1	256	415	*1	17.28	16.00
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
001036 Diced Pears	1/2 cup	1	82	14	15	19.30	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			601	758	*31	72.75	34.81
% of Calories					*20.6%	48.4%	23.2%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Wednesday - 04/17/2019

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	1	70	286	*1	14.42	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			710	1103	*33	96.34	35.66
% of Calories					*18.6%	54.3%	20.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 04/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	1	300	660	13	35.00	16.00
000948 Cucumbers & Tomatoes	1/2 cup	1	100	192	*2	3.38	1.48
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			597	978	*36	73.08	*27.46
% of Calories					*24.1%	49.0%	*18.4%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Monday - 04/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	1	263	869	12	30.77	18.27
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
000945 Steamed Broccoli	1/2 cup	1	27	23	*N/A*	5.07	2.93
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			570	1187	*43	83.83	30.20
% of Calories					*30.2%	58.8%	21.2%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Tuesday - 04/23/2019

Reimbursable Meal Total 1

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Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001028 Pepperoni Calzone	EACH	1	270	561	3	33.06	19.03
001202 Garden Salad w/Ranch	each	1	103	203	*1	3.60	1.91
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001036 Diced Pears	1/2 cup	1	82	14	15	19.30	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			622	904	*34	83.86	30.93
% of Calories					*21.9%	53.9%	19.9%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Wednesday - 04/24/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	1	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	1	64	251	*1	13.62	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83

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Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			708	870	*33	96.26	33.58
% of Calories					*18.6%	54.4%	19.0%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 04/25/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001224 Bean and Cheese Burrito	each	1	291	478	0	40.95	15.60
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			584	806	21	83.93	*34.41
% of Calories					14.4%	57.5%	*23.6%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Friday - 04/26/2019

Reimbursable Meal Total 1

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Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001025 Crispy Chicken Sandwich	each	1	390	610	5	37.75	21.25
001524 Emoji Fries	4 Emoji	1	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	1	11	8	1	2.21	0.67
000771 Kiwi Strawberry Sidekick	each	1	80	45	*N/A*	20.00	0.00
000821 Ketchup Packets	2 PC	1	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	1	5	85	0	0.75	0.50
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			726	1003	*22	94.71	32.42
% of Calories					*12.1%	52.2%	17.9%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Monday - 04/29/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	1	240	670	11	33.00	11.00
001477 Baked Beans	1/2 cup	1	140	370	12	30.00	6.00
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			660	1335	54	111.00	26.00
% of Calories					32.7%	67.3%	15.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Tuesday - 04/30/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	1	420	725	*1	37.39	17.04
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
001036 Diced Pears	1/2 cup	1	82	14	15	19.30	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			765	1068	*31	92.87	35.86
% of Calories					*16.2%	48.6%	18.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

**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.*