

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: CLIFT LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001479 Soft Chicken Taco	1 Taco	50	65	0	6.93	4.67
000465 Beef Tacos	2 each	50	166	0	11.63	8.43
001098 Refried Beans w/cheese	1/2 cup	65	110	1	15.17	6.75
990005 Lettuce & Tomato shredded	1/2 cup	70	11	2	2.50	0.80
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	15	17.60	0.00
000151 Salsa Packet	PC PACKET	60	0	0	0.00	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			531	34	71.08	28.65
% of Calories				25.6%	53.5%	21.6%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 09/04/2019

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	100	265	1	16.53	15.12
000392 Mashed Potatoes	1/2 cup	95	61	1	12.94	1.52
990095 Green Beans Canned	1/2 cup	60	12	1	1.80	0.60
001036 Diced Pears	1/2 cup	85	72	13	17.00	0.00
000839 Roll	each	80	79	2	15.03	2.37
001279 Ketchup Cup	cup	60	18	3	4.20	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			615	37	84.75	27.62
% of Calories				24.1%	55.1%	18.0%
Weekly Nutrient Guideline			550 - 650			

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990167 Domino's Cheese Pizza	slice	100	300	3	35.00	21.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
990199 Red & Green Apples	1/2 cup	60	57	*11	15.34	0.14
000589 White Milk	each	25	25	3	3.00	2.00

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000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			569	*33	82.97	32.27
% of Calories				*23.2%	58.3%	22.7%
Weekly Nutrient Guideline			550 - 650			

Friday - 09/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	40	156	2	12.02	11.02
001517 Chicken & Waffle	serving	60	241	15	33.59	12.23
990159 Crinkle Cut Fries	serv.(2.06oz)	90	81	0	12.64	0.90
001057 Lettuce & Tomato	1/2 cup	65	7	1	1.44	0.43
990160 Mandarin Oranges	1/2 cup	75	68	13	15.25	0.81
000821 Ketchup Packets	2 PC	75	15	3	3.00	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
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			678	50	95.48	33.59
% of Calories				29.5%	56.3%	19.8%
Weekly Nutrient Guideline			550 - 650			

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Sep 3, 2019 thru Sep 30, 2019

Monday - 09/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001366 Glazed Drumstick	1 Each	100	261	0	5.81	23.22
001477 Baked Beans	1/2 cup	75	105	9	22.50	3.75
000040 Green Peas	1/2 cup	60	44	3	7.80	2.84
000115 Pineapple Tidbits	1/2 cup	75	59	11	14.09	0.79
000897 Hartzels Pretzels	bag	75	60	0	12.00	1.50
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			625	38	77.20	39.29
% of Calories				24.3%	49.4%	25.1%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 09/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990093 Spaghetti w/ Meat Sauce	servings	50	159	3	14.75	10.69
990115 Chicken Alfredo	serving	50	160	0	21.92	11.29
001363 Garlic Toast	Serving	80	80	1	11.20	2.40
000945 Steamed Broccoli	1/2 cup	70	23	0	3.11	0.78

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001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	15	17.60	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			618	37	89.71	33.80
% of Calories				23.9%	58.1%	21.9%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990133 Chicken Nugget	5 nuggets	100	200	0	16.00	17.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	68	12	16.00	0.00
000839 Roll	each	70	69	1	13.15	2.08
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00

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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			534	35	80.62	29.06
% of Calories				26.2%	60.4%	21.8%
Weekly Nutrient Guideline			550 - 650			

Thursday - 09/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	100	310	8	34.00	16.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
990199 Red & Green Apples	1/2 cup	60	57	*11	15.34	0.14
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			579	*38	81.97	27.28
% of Calories				*26.3%	56.6%	18.8%
Weekly Nutrient Guideline			550 - 650			

Friday - 09/13/2019

Reimbursable Meal Total 100

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Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	40	156	2	12.02	11.02
001025 Crispy Chicken Sandwich	each	60	216	2	22.80	15.60
000843 Tator Tots	8 Tots	90	81	0	12.60	0.90
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	80	73	14	16.26	0.86
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
000821 Ketchup Packets	2 PC	80	16	3	3.20	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			658	39	85.76	36.98
% of Calories				23.7%	52.1%	22.5%
Weekly Nutrient Guideline			550 - 650			

Monday - 09/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000104 Meatball Sub	sub	60	270	5	24.27	19.55
990164 Chicken Ranch Sub	Serving	40	137	2	12.12	7.16
000461 Baby Carrots w/ Ranch	1/2 cup	65	66	3	5.45	0.61
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36

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000115 Pineapple Tidbits	1/2 cup	65	51	10	12.22	0.68
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			635	36	72.71	35.96
% of Calories				22.7%	45.8%	22.7%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 09/17/2019

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
000521 Steamed Spinach	1/2 cup	60	30	0	4.81	2.40
001098 Refried Beans w/cheese	1/2 cup	80	135	1	18.67	8.31
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	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			723	32	89.27	34.88
% of Calories				17.7%	49.4%	19.3%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 09/18/2019

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving(4.3oz)	100	223	0	13.00	15.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	61	1	12.62	1.44
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	89	76	14	17.80	0.00
000839 Roll	each	90	89	2	16.91	2.67
001279 Ketchup Cup	cup	30	9	2	2.10	0.00
000637 BBQ Sauce Cup	1 OZ	40	12	1	3.20	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			591	36	84.98	27.82
% of Calories				24.4%	57.5%	18.8%
Weekly Nutrient Guideline			550 - 650			

Thursday - 09/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990166 Domino's Beef Pizza	slice	100	350	3	35.00	24.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84

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990199 Red & Green Apples	1/2 cup	60	57	*11	15.34	0.14
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			619	*33	82.97	35.27
% of Calories				*21.3%	53.6%	22.8%
Weekly Nutrient Guideline			550 - 650			

Friday - 09/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	70	273	3	21.03	19.29
000162 Hot Dog	hot dog	30	78	2	9.01	4.23
990159 Crinkle Cut Fries	serv.(2.06oz)	85	77	0	11.94	0.85
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	75	68	13	15.25	0.81
000821 Ketchup Packets	2 PC	80	16	3	3.20	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
000589 White Milk	each	25	25	3	3.00	2.00

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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			629	38	79.30	33.77
% of Calories				24.2%	50.4%	21.5%
Weekly Nutrient Guideline			550 - 650			

Monday - 09/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990043 Baked Potato w/ BBQ Beef	Potato	60	203	8	31.35	14.62
990163 Sloppy Joe Bake	1/2 CUP	40	123	4	18.50	6.95
001477 Baked Beans	1/2 cup	70	98	8	21.00	3.50
001363 Garlic Toast	Serving	75	75	1	10.50	2.25
000115 Pineapple Tidbits	1/2 cup	65	51	10	12.22	0.68
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			657	48	110.82	36.00
% of Calories				29.2%	67.5%	21.9%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 09/24/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	50	156	0	14.80	7.02
990162 Beef Quesadilla	quesadilla	50	152	0	7.00	14.50
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
000521 Steamed Spinach	1/2 cup	60	30	0	4.81	2.40
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000151 Salsa Packet	PC PACKET	60	0	0	0.00	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			648	34	80.06	39.71
% of Calories				21.0%	49.4%	24.5%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 09/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990133 Chicken Nugget	5 nuggets	100	200	0	16.00	17.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	68	12	16.00	0.00

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000839 Roll	each	70	69	1	13.15	2.08
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			534	35	80.62	29.06
% of Calories				26.2%	60.4%	21.8%
Weekly Nutrient Guideline			550 - 650			

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	100	310	8	34.00	16.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
990199 Red & Green Apples	1/2 cup	60	57	*11	15.34	0.14
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			579	*38	81.97	27.28
% of Calories				*26.3%	56.6%	18.8%
Weekly Nutrient Guideline			550 - 650			

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Sep 3, 2019 thru Sep 30, 2019

Friday - 09/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	70	273	3	21.03	19.29
001029 Corn Dog	1 each	30	72	3	9.90	3.30
000843 Tator Tots	8 Tots	95	85	0	13.30	0.95
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	80	73	14	16.26	0.86
000821 Ketchup Packets	2 PC	60	12	2	2.40	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
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			632	40	81.77	33.00
% of Calories				25.3%	51.8%	20.9%
Weekly Nutrient Guideline			550 - 650			

Monday - 09/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	60	182	7	22.81	12.01
000905 Goldfish Sandwich	sandwich	40	72	2	18.38	6.80

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000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000683 Cucumber Slices	1/2 cup	65	7	1	1.74	0.31
990165 Popcorn	serving 1.5cup	95	78	0	8.55	1.27
000115 Pineapple Tidbits	1/2 cup	65	51	10	12.22	0.68
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			574	40	87.24	29.78
% of Calories				27.9%	60.8%	20.8%
Weekly Nutrient Guideline			550 - 650			

**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.