

# Base Menu Spreadsheet

## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

**Menu Name:** TURNER PRE-K LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Tuesday - 09/03/2019

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	7	7.99	0.00
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			531	20	61.26	27.23
% of Calories				15.1%	46.1%	20.5%
Weekly Nutrient Guideline			550 - 650			7.30

### Wednesday - 09/04/2019

#### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	1	16.20	16.20
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

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## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Weighted Daily Average			543	23	64.75	27.97
% of Calories				16.9%	47.7%	20.6%
Weekly Nutrient Guideline			550 - 650			7.30

### Thursday - 09/05/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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 - 09/06/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	1	390	5	30.01	27.54
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 ROSEY CHERRY APPLESAUCE	1/4 CUP	1	31	7	7.06	0.18

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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			662	27	71.07	37.72
% of Calories				16.3%	42.9%	22.8%
Weekly Nutrient Guideline			550 - 650			7.30

### Monday - 09/09/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	33	0	4.45	1.11
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			478	32	64.36	29.66
% of Calories				26.8%	53.9%	24.8%
Weekly Nutrient Guideline			550 - 650			7.30

### Tuesday - 09/10/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000152 Soft Beef Taco	1 each	1	288	1	17.28	15.96
990185 Refried Beans	1/4 cup	1	84	1	11.67	5.19

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w/cheese						
990180 Diced Peaches	1/4 cup	1	35	7	7.99	0.00
000589 White Milk	each	1	100	12	12.00	8.00
<b>Weighted Daily Average</b>			<b>507</b>	<b>21</b>	<b>48.94</b>	<b>29.16</b>
% of Calories				16.6%	38.6%	23.0%
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>			<b>7.30</b>

### Wednesday - 09/11/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001146 Steak Fingers, CN	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
<b>Weighted Daily Average</b>			<b>541</b>	<b>23</b>	<b>64.68</b>	<b>26.89</b>
% of Calories				17.0%	47.8%	19.9%
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>			<b>7.30</b>

### Thursday - 09/12/2019

### Reimbursable Meal Total 1

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## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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 - 09/13/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001025 Crispy Chicken Sandwich	each	1	360	4	38.00	26.00
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 ROSEY CHERRY 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			631	27	79.06	36.18
% of Calories				17.1%	50.1%	22.9%
Weekly Nutrient Guideline			550 - 650			7.30

# Base Menu Spreadsheet

Weighted Values

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## Monday - 09/16/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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 - 09/17/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	7	7.99	0.00

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## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			465	26	52.72	29.92
% of Calories				22.4%	45.4%	25.7%
Weekly Nutrient Guideline			550 - 650			7.30

### Wednesday - 09/18/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	1	16.20	16.20
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			543	23	64.75	27.97
% of Calories				16.9%	47.7%	20.6%
Weekly Nutrient Guideline			550 - 650			7.30

### Thursday - 09/19/2019

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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 - 09/20/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	1	390	5	30.01	27.54
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 ROSEY CHERRY 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			662	27	71.07	37.72
% of Calories				16.3%	42.9%	22.8%
Weekly Nutrient Guideline			550 - 650			7.30



# Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

## Monday - 09/23/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001417 Grilled Cheese Sandwich	EACH	1	227	6	32.97	10.93
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			386	26	57.09	20.01
% of Calories				26.9%	59.2%	20.7%
Weekly Nutrient Guideline			550 - 650			7.30

## Tuesday - 09/24/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	7	7.99	0.00

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## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	12	12.00	8.00
Weighted Daily Average			605	20	63.75	30.17
% of Calories				13.2%	42.1%	19.9%
Weekly Nutrient Guideline			550 - 650			7.30

### Wednesday - 09/25/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001146 Steak Fingers, CN	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

### Thursday - 09/26/2019

### Reimbursable Meal Total 1

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## Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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 - 09/27/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001025 Crispy Chicken Sandwich	each	1	360	4	38.00	26.00
001524 Emoji Fries	4 Emoji	1	120	0	18.00	2.00
990195 ROSEY CHERRY 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			631	27	79.06	36.18
% of Calories				17.1%	50.1%	22.9%
Weekly Nutrient Guideline			550 - 650			7.30

# Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Monday - 09/30/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	1	240	11	33.00	11.00
000521 Steamed Spinach	1/2 cup	1	50	0	8.01	4.00
990183 Pineapple Tidbits	1/4 cup	1	42	8	9.90	0.52
000589 White Milk	each	1	100	12	12.00	8.00
000821 Ketchup Packets	2 PC	1	20	4	4.00	0.00
Weighted Daily Average			452	35	66.91	23.53
% of Calories				31.0%	59.2%	20.8%
Weekly Nutrient Guideline			550 - 650			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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**