

Base Menu Spreadsheet

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

Menu Name: HIGH SCHOOL LINE 3 & 4-Country

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	214	341	*1	13.36	12.96
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	75	130	*0	4.45	4.50
009030 Chicken Tenders w/ Gravy	Serving	25	50	100	*0	2.85	4.39
000965 Baked Beans	1/2 Cup	40	56	148	5	12.00	2.40
000392 Mashed Potatoes	1/2 cup	80	51	201	*1	10.90	1.28
000957 Honey Wheat Roll	each	92	129	156	2	23.92	3.68
000426 Steamed Green Beans	1/2 cup	40	12	2	*0	2.04	0.82
001274 Garden Salad	Salad	40	5	8	*0	1.23	0.37
000064 Fresh Apple	each	25	24	0	5	6.28	0.12
000650 Cherry Jello w/ Pineapples	1/2 cup	60	27	16	*5	5.51	0.29
001476 Banana	each	15	23	0	3	5.81	0.28
001043 Peaches, Diced Ex Lt Syrup	1/2cup	40	26	2	5	6.00	0.00
001502 BBQ Sauce	2 Tbsp	25	11	18	2	2.71	0.00
001503 Ranch Dressing	2 Tbsp	70	35	210	1	5.60	0.70
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80

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000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			823	1417	*42	116.46	38.19
% of Calories					*20.4%	56.6%	18.6%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 03/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	214	341	*1	13.36	12.96
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	75	130	*0	4.45	4.50
009030 Chicken Tenders w/ Gravy	Serving	25	50	100	*0	2.85	4.39
000392 Mashed Potatoes	1/2 cup	80	51	201	*1	10.90	1.28
000957 Honey Wheat Roll	each	92	129	156	2	23.92	3.68
000426 Steamed Green Beans	1/2 cup	40	12	2	*0	2.04	0.82
000947 Baby Carrots	1/2 cup	11	3	6	0	0.64	0.05
001274 Garden Salad	Salad	40	5	8	*0	1.23	0.37
000064 Fresh Apple	each	25	24	0	5	6.28	0.12
000650 Cherry Jello w/ Pineapples	1/2 cup	60	27	16	*5	5.51	0.29
001476 Banana	each	15	23	0	3	5.81	0.28
001043 Peaches, Diced Ex Lt Syrup	1/2cup	40	26	2	5	6.00	0.00
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001503 Ranch Dressing	2 Tbsp	70	35	210	1	5.60	0.70
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			770	1276	*38	105.10	35.84
% of Calories					*19.7%	54.6%	18.6%
Weekly Nutrient Guideline			750 - 850	1420			

**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.