

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

**Menu Name:** GLOBAL HIGH LUNCH **Include Cost:** No  
**Site:** 6 - WAXAHACHIE GLOBAL HIGH SCHOOL **Report Style:** Detailed

### Friday - 03/01/2019

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001396 Bacon Cheeseburger	each	115	251	730	4	20.52	20.37
000149 Cheeseburger on Bun	each	20	39	96	1	3.59	3.22
001061 Curly Fries	1/2 Cup	105	78	118	0	13.33	0.78
001057 Lettuce & Tomato	1/2 cup	85	7	5	1	1.39	0.42
000770 Strawberry Mango Sidekick	each	85	50	28	*N/A*	12.59	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	85	57	0	12	13.85	0.00
001501 Mustard	Tbsp.	100	0	144	0	0.00	0.00
001504 Ketchup	2 Tbsp	100	22	67	4	5.93	0.00
000588 Chocolate Milk	each	80	65	59	11	11.26	4.74
000589 White Milk	each	50	37	46	4	4.44	2.96
Weighted Daily Average			607	1294	*37	86.90	32.50
% of Calories					*24.4%	57.3%	21.4%
Weekly Nutrient Guideline			750 - 850	1420			

### Monday - 03/04/2019

**Reimbursable Meal Total 100**

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	60	158	521	7	18.46	10.96
990067 Frank's Spicy Sandwich	Sandwich	40	88	419	2	9.10	8.10
990072 Tater Gems	10 Tots	100	172	233	0	19.24	2.02
001477 Baked Beans	1/2 cup	38	53	141	5	11.40	2.28
000566 Peach Cup	Each	80	64	0	13	15.20	0.80
001331 Apple Slices in Bag	2oz bag	80	24	0	5	5.44	*N/A*
000588 Chocolate Milk	each	80	88	80	14	15.20	6.40
000589 White Milk	each	50	50	62	6	6.00	4.00
<b>Weighted Daily Average</b>			<b>697</b>	<b>1457</b>	<b>51</b>	<b>100.04</b>	<b>*34.57</b>
% of Calories					29.3%	57.4%	*19.8%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>1420</b>			

### Tuesday - 03/05/2019

### Reimbursable Meal Total 110

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000958 Beef Tacos	2 Tacos	60	255	334	*1	18.32	13.77
000993 Chicken Fajita Taco	2 Tacos	50	181	285	*1	15.00	11.82
000718 Lettuce & Tomato	3/4 cup	60	9	4	1	2.10	0.81
000914 Salsa Cup	each	50	13	93	1	2.67	0.00

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## Weighted Values

000115 Pineapple Tidbits	1/2 cup	86	58	8	11	13.99	0.78
990037 Blue Raspberry Applesauce	4.5oz cup	86	71	12	15	16.96	*N/A*
000542 Jello Cup	1/2 Cup	86	82	86	16	15.64	0.78
000588 Chocolate Milk	each	80	80	73	13	13.82	5.82
000589 White Milk	each	50	45	57	5	5.45	3.64
<b>Weighted Daily Average</b>			795	951	*65	103.95	*37.40
<b>% of Calories</b>					*32.7%	52.3%	*18.8%
<b>Weekly Nutrient Guideline</b>			750 - 850	1420			

## Wednesday - 03/06/2019

## Reimbursable Meal Total 135

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	120	234	360	1	14.40	14.40
000991 Catfish Strips	servings	15	22	48	0	1.33	2.00
000392 Mashed Potatoes	1/2 cup	115	55	214	*1	11.60	1.36
000498 Country Gravy	1/4 cup	105	5	27	*0	0.62	0.00
000957 Honey Wheat Roll	each	115	119	145	2	22.15	3.41
000426 Steamed Green Beans	1/2 cup	40	9	1	*0	1.51	0.61
001036 Diced Pears	1/2 cup	70	43	7	8	10.01	0.00
001331 Apple Slices in Bag	2oz bag	85	19	0	4	4.28	*N/A*
001502 BBQ Sauce	2 Tbsp	100	32	52	6	8.02	0.00

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

000588 Chocolate Milk	each	80	65	59	11	11.26	4.74
000589 White Milk	each	50	37	46	4	4.44	2.96
Weighted Daily Average			640	961	*37	89.64	*29.48
% of Calories					*23.1%	56.0%	*18.4%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 03/07/2019

Reimbursable Meal Total 144

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990081 Cheese Pizza Slice	Slice	56	117	187	3	13.61	6.22
990080 Stuffed Crust Pepperoni Pizza	Slice	88	226	385	6	24.44	10.39
000581 Carrot / Cucumbers	1/2 Cup	0	0	0	0	0.00	0.00
000521 Steamed Spinach	1/2 cup	0	0	0	*0	0.00	0.00
000103 Mandarin Oranges	1/2 cup	85	55	6	13	13.84	0.58
990040 Watermelon Applesauce Cup	4.5oz. cup	85	53	0	11	12.99	0.00
001503 Ranch Dressing	2 Tbsp	100	35	208	1	5.56	0.69
000542 Jello Cup	1/2 Cup	92	67	70	13	12.78	0.64
000588 Chocolate Milk	each	88	67	61	11	11.61	4.89

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	50	35	43	4	4.17	2.78
Weighted Daily Average			654	961	*62	99.00	26.19
% of Calories					*37.9%	60.6%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

**Tuesday - 03/19/2019**

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	55	98	273	4	13.44	4.48
000987 Frito Pie	serving	80	229	310	0	19.56	9.66
001477 Baked Beans	1/2 cup	86	89	236	8	19.11	3.82
001312 Steamed Carrots	1/2 Cup Serving	50	13	20	*1	2.82	0.00
000115 Pineapple Tidbits	1/2 cup	86	47	6	9	11.40	0.63
001331 Apple Slices in Bag	2oz bag	90	20	0	4	4.54	*N/A*
000588 Chocolate Milk	each	80	65	59	11	11.26	4.74
000589 White Milk	each	50	37	46	4	4.44	2.96
Weighted Daily Average			598	951	*42	86.56	*26.30
% of Calories					*28.1%	57.9%	*17.6%
Weekly Nutrient Guideline			750 - 850	1420			

# Planned Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

**Wednesday - 03/20/2019**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	140	428	682	*2	26.73	25.92
000392 Mashed Potatoes	1/2 cup	105	48	188	*1	10.22	1.20
000498 Country Gravy	1/4 cup	105	5	26	*0	0.60	0.00
000957 Honey Wheat Roll	each	105	105	128	2	19.50	3.00
000426 Steamed Green Beans	1/2 cup	45	10	1	*0	1.64	0.66
000566 Peach Cup	Each	85	49	0	10	11.54	0.61
001331 Apple Slices in Bag	2oz bag	85	18	0	4	4.13	*N/A*
001502 BBQ Sauce	2 Tbsp	100	31	50	6	7.74	0.00
000588 Chocolate Milk	each	80	63	57	10	10.86	4.57
000589 White Milk	each	50	36	45	4	4.29	2.86
Weighted Daily Average			792	1178	*38	97.23	*38.82
% of Calories					*19.2%	49.1%	*19.6%
Weekly Nutrient Guideline			750 - 850	1420			

**Thursday - 03/21/2019**

**Reimbursable Meal Total 129**

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990081 Cheese Pizza Slice	Slice	56	130	208	3	15.19	6.95
990080 Stuffed Crust Pepperoni Pizza	Slice	73	209	357	6	22.64	9.62
001505 Garden Salad	each	0	0	0	*0	0.00	0.00
000581 Carrot / Cucumbers	1/2 Cup	45	6	10	1	1.49	0.16
000773 Strawberry Cup	each	85	30	0	5	7.25	0.66
990037 Blue Raspberry Applesauce	4.5oz cup	85	60	10	13	14.29	*N/A*
001503 Ranch Dressing	2 Tbsp	100	39	233	1	6.20	0.78
000542 Jello Cup	1/2 Cup	90	73	77	14	13.96	0.70
000588 Chocolate Milk	each	80	68	62	11	11.78	4.96
000589 White Milk	each	50	39	48	5	4.65	3.10
<b>Weighted Daily Average</b>			<b>654</b>	<b>1005</b>	<b>*58</b>	<b>97.45</b>	<b>*26.92</b>
% of Calories					<b>*35.5%</b>	<b>59.6%</b>	<b>*16.5%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>1420</b>			

**Friday - 03/22/2019**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001463 Catfish Strips	servings	30	73	134	1	8.36	4.93
000149 Cheeseburger on Bun	each	110	207	509	4	19.04	17.06
990072 Tater Gems	10 Tots	110	135	183	0	15.11	1.59

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

001057 Lettuce & Tomato	1/2 cup	60	5	4	1	0.95	0.29
000770 Strawberry Mango Sidekick	each	90	51	29	*N/A*	12.86	0.00
001331 Apple Slices in Bag	2oz bag	90	19	0	4	4.37	*N/A*
001504 Ketchup	2 Tbsp	100	21	64	4	5.71	0.00
001501 Mustard	Tbsp.	100	0	139	0	0.00	0.00
000588 Chocolate Milk	each	80	63	57	10	10.86	4.57
000589 White Milk	each	50	36	45	4	4.29	2.86
Weighted Daily Average			610	1164	*28	81.55	*31.29
% of Calories					*18.4%	53.5%	*20.5%
Weekly Nutrient Guideline			750 - 850	1420			

**Monday - 03/25/2019**

**Reimbursable Meal Total 110**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001255 Chili Con Carne Enchiladas	2 enchiladas	60	255	329	*0	17.36	13.95
001345 Queso Enchiladas	2 enchiladas	50	162	343	1	16.72	6.49
000007 Ranchero Beans	1/2 cup	62	65	154	1	11.98	3.32
000914 Salsa Cup	each	50	13	93	1	2.67	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	90	74	0	16	18.00	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	95	39	23	*7	7.93	0.42



# Planned Menu Spreadsheet

## Weighted Values

001419 Carnival Cookie	1 oz Cookie	100	101	78	7	16.57	0.92
000588 Chocolate Milk	each	80	80	73	13	13.82	5.82
000589 White Milk	each	50	45	57	5	5.45	3.64
Weighted Daily Average			835	1150	*52	110.49	34.55
% of Calories					*24.9%	52.9%	16.6%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 03/26/2019

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000452 Spaghetti w/ Meat Sauce+Toast	servings	60	186	302	*3	20.54	11.29
990071 Mozzarella MaxStix	2 Stix	70	194	536	4	21.57	9.01
001505 Garden Salad	each	50	5	5	*0	1.00	0.35
001074 California Vegetables	1/2 cup	40	9	11	*0	1.55	0.62
000103 Mandarin Oranges	1/2 cup	90	64	7	15	16.23	0.68
001331 Apple Slices in Bag	2oz bag	90	21	0	4	4.71	*N/A*
001503 Ranch Dressing	2 Tbsp	100	38	231	1	6.15	0.77
000588 Chocolate Milk	each	80	68	62	11	11.69	4.92

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	50	38	48	5	4.62	3.08
Weighted Daily Average			624	1201	*43	88.06	*30.71
% of Calories					*27.6%	56.4%	*19.7%
Weekly Nutrient Guideline			750 - 850	1420			

### Wednesday - 03/27/2019

Reimbursable Meal Total 145

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001408 Chicken Strip Basket	Basket	115	351	588	2	44.49	19.35
001481 Steak Finger Basket	Basket	30	104	110	1	12.65	4.16
000581 Carrot / Cucumbers	1/2 Cup	45	6	9	1	1.32	0.14
001036 Diced Pears	1/2 cup	45	25	4	5	5.99	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	85	53	9	11	12.71	*N/A*
001504 Ketchup	2 Tbsp	100	21	62	4	5.52	0.00
001502 BBQ Sauce	2 Tbsp	100	30	49	6	7.47	0.00
001503 Ranch Dressing	2 Tbsp	100	34	207	1	5.52	0.69
000588 Chocolate Milk	each	80	61	55	10	10.48	4.41

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	50	34	43	4	4.14	2.76
Weighted Daily Average			719	1136	44	110.29	*31.52
% of Calories					24.5%	61.4%	*17.5%
Weekly Nutrient Guideline			750 - 850	1420			

**Thursday - 03/28/2019**

**Reimbursable Meal Total 130**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	100	231	431	3	25.38	13.85
990066 French Bread Cheese Pizza	Slice	30	74	134	1	6.92	4.15
990000 Steamed Corn	1/2 cup	90	46	1	*2	11.01	1.38
990050 Marinara Dipping Sauce	1/2 cup	90	28	138	3	4.85	0.69
000566 Peach Cup	Each	90	55	0	11	13.15	0.69
001331 Apple Slices in Bag	2oz bag	90	21	0	4	4.71	*N/A*
000542 Jello Cup	1/2 Cup	95	77	80	15	14.62	0.73
000588 Chocolate Milk	each	80	68	62	11	11.69	4.92

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	50	38	48	5	4.62	3.08
Weighted Daily Average			638	894	*54	96.96	*29.49
% of Calories					*33.9%	60.8%	*18.5%
Weekly Nutrient Guideline			750 - 850	1420			

### Friday - 03/29/2019

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001396 Bacon Cheeseburger	each	110	232	673	3	18.92	18.79
001463 Catfish Strips	servings	30	73	134	1	8.36	4.93
001061 Curly Fries	1/2 Cup	110	79	119	0	13.46	0.79
001057 Lettuce & Tomato	1/2 cup	70	5	4	1	1.11	0.33
000770 Strawberry Mango Sidekick	each	90	51	29	*N/A*	12.86	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	90	58	0	12	14.14	0.00
001501 Mustard	Tbsp.	100	0	139	0	0.00	0.00
001504 Ketchup	2 Tbsp	100	21	64	4	5.71	0.00
000588 Chocolate Milk	each	80	63	57	10	10.86	4.57

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	50	36	45	4	4.29	2.86
Weighted Daily Average			618	1264	*36	89.71	32.27
% of Calories					*23.3%	58.1%	20.9%
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*

*<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.**