

Base Menu Spreadsheet

Portion Values

Feb 4, 2019 thru Feb 8, 2019

Menu Name: HIGH SCHOOL LINE 1 Potato

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/04/2019

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	295	824	1	17.75	22.94
001244 Baked Potato	each	100	250	19	3	56.67	6.64
990057 Diced Beef	3.28 oz	40	146	163	6	7.50	20.32
001191 Chili	5 oz.	20	195	368	3	9.00	14.00
000634 Sour Cream	Packet	70	60	15	1	1.00	1.00
001245 Butter	2 PC	100	90	150	0	0.00	0.00
000502 Shredded Cheese	.5 OZ	100	55	85	0	0.50	3.50
990056 Chives	P.C.	30	1	0	*N/A*	0.13	0.04
000965 Baked Beans	1/2 Cup	20	140	370	12	30.00	6.00
001274 Garden Salad	Salad	45	13	19	*0	3.07	0.93
000581 Carrot / Cucumbers	1/2 Cup	55	18	28	2	4.26	0.47
000953 Bread stick WG 7" 2oz.	each	60	140	190	2	27.00	5.00
001503 Ranch Dressing	2 Tbsp	80	50	300	1	8.00	1.00
000064 Fresh Apple	each	20	95	2	19	25.13	0.47
001476 Banana	each	30	151	2	21	38.73	1.85

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000650 Cherry Jello w/ Pineapples	1/2 cup	75	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			827	947	*44	123.46	33.13
% of Calories					*21.3%	59.7%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/05/2019

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	295	824	1	17.75	22.94
001244 Baked Potato	each	100	250	19	3	56.67	6.64
990057 Diced Beef	3.28 oz	40	146	163	6	7.50	20.32
001191 Chili	5 oz.	20	195	368	3	9.00	14.00
000634 Sour Cream	Packet	70	60	15	1	1.00	1.00
001245 Butter	2 PC	100	90	150	0	0.00	0.00
000502 Shredded Cheese	.5 OZ	100	55	85	0	0.50	3.50
990056 Chives	P.C.	30	1	0	*N/A*	0.13	0.04
001274 Garden Salad	Salad	45	13	19	*0	3.07	0.93
000581 Carrot /	1/2 Cup	55	18	28	2	4.26	0.47

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Cucumbers							
000953 Bread stick WG 7" 2oz.	each	49	140	190	2	27.00	5.00
001503 Ranch Dressing	2 Tbsp	80	50	300	1	8.00	1.00
000064 Fresh Apple	each	20	95	2	19	25.13	0.47
001476 Banana	each	30	151	2	21	38.73	1.85
000650 Cherry Jello w/ Pineapples	1/2 cup	75	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			792	871	*42	116.29	31.73
% of Calories					*21.2%	58.7%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/06/2019

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	295	824	1	17.75	22.94
001244 Baked Potato	each	100	250	19	3	56.67	6.64
990057 Diced Beef	3.28 oz	40	146	163	6	7.50	20.32
001191 Chili	5 oz.	20	195	368	3	9.00	14.00
000634 Sour Cream	Packet	70	60	15	1	1.00	1.00

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Feb 4, 2019 thru Feb 8, 2019

001245 Butter	2 PC	100	90	150	0	0.00	0.00
000502 Shredded Cheese	.5 OZ	100	55	85	0	0.50	3.50
990056 Chives	P.C.	30	1	0	*N/A*	0.13	0.04
001274 Garden Salad	Salad	45	13	19	*0	3.07	0.93
000581 Carrot / Cucumbers	1/2 Cup	55	18	28	2	4.26	0.47
000953 Bread stick WG 7" 2oz.	each	49	140	190	2	27.00	5.00
001503 Ranch Dressing	2 Tbsp	80	50	300	1	8.00	1.00
000064 Fresh Apple	each	20	95	2	19	25.13	0.47
001476 Banana	each	30	151	2	21	38.73	1.85
000650 Cherry Jello w/ Pineapples	1/2 cup	75	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			792	871	*42	116.29	31.73
% of Calories					*21.2%	58.7%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/07/2019

Reimbursable Meal Total 125

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Portion Values

Feb 4, 2019 thru Feb 8, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	295	824	1	17.75	22.94
001244 Baked Potato	each	100	250	19	3	56.67	6.64
990057 Diced Beef	3.28 oz	40	146	163	6	7.50	20.32
001191 Chili	5 oz.	20	195	368	3	9.00	14.00
000634 Sour Cream	Packet	70	60	15	1	1.00	1.00
001245 Butter	2 PC	100	90	150	0	0.00	0.00
000502 Shredded Cheese	.5 OZ	100	55	85	0	0.50	3.50
990056 Chives	P.C.	30	1	0	*N/A*	0.13	0.04
001274 Garden Salad	Salad	45	13	19	*0	3.07	0.93
000581 Carrot / Cucumbers	1/2 Cup	55	18	28	2	4.26	0.47
000953 Bread stick WG 7" 2oz.	each	49	140	190	2	27.00	5.00
001503 Ranch Dressing	2 Tbsp	80	50	300	1	8.00	1.00
000064 Fresh Apple	each	20	95	2	19	25.13	0.47
001476 Banana	each	30	151	2	21	38.73	1.85
000650 Cherry Jello w/ Pineapples	1/2 cup	75	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00

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Feb 4, 2019 thru Feb 8, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			792	871	*42	116.29	31.73
% of Calories					*21.2%	58.7%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

Friday - 02/08/2019

Reimbursable Meal Total 125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	295	824	1	17.75	22.94
001244 Baked Potato	each	100	250	19	3	56.67	6.64
990057 Diced Beef	3.28 oz	40	146	163	6	7.50	20.32
001191 Chili	5 oz.	20	195	368	3	9.00	14.00
000634 Sour Cream	Packet	70	60	15	1	1.00	1.00
001245 Butter	2 PC	100	90	150	0	0.00	0.00
000502 Shredded Cheese	.5 OZ	100	55	85	0	0.50	3.50
990056 Chives	P.C.	30	1	0	*N/A*	0.13	0.04
001274 Garden Salad	Salad	45	13	19	*0	3.07	0.93
000581 Carrot / Cucumbers	1/2 Cup	55	18	28	2	4.26	0.47
000953 Bread stick WG 7" 2oz.	each	49	140	190	2	27.00	5.00
001503 Ranch Dressing	2 Tbsp	80	50	300	1	8.00	1.00

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Feb 4, 2019 thru Feb 8, 2019

000064 Fresh Apple	each	20	95	2	19	25.13	0.47
001476 Banana	each	30	151	2	21	38.73	1.85
000650 Cherry Jello w/ Pineapples	1/2 cup	75	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			792	871	*42	116.29	31.73
% of Calories					*21.2%	58.7%	16.0%
Weekly Nutrient Guideline			750 - 850	1420			

			Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			799	886	*42	117.72	32.01
% of Calories					*21.0%	58.9%	16.0%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	799		750-850	100%				
Sodium	886 mg		1420.000	62%				
Sugars	*42 g	*21.0%					Missing Data	
Carbohydrate	117.72 g	58.9%						
Protein	32.01 g	16.0%						

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.