

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: CLIFT LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001336 Spaghetti w/Meat Sauce	each	40	174	3	13.85	12.37
990216 Cheesy Tots	serving	60	133	2	15.93	3.82
990260 One Fish Two Fish	package	95	95	0	13.30	1.90
990082 Broccoli Grinch Dip	1/2 cup	60	105	1	2.57	1.63
990083 Cat in the Hat Veggies	1/2 cup	60	6	0	1.43	0.29
990084 Thing 1,Thing 2 Jello	1/2 Cup	75	23	2	1.50	0.75
990085 Trufula Fruit Beezlenut Berries	1/2 cup	60	19	3	4.69	0.17
000589 White Milk	each	40	40	5	4.80	3.20
000588 Chocolate Milk	each	50	55	9	9.50	4.00
Weighted Daily Average			650	26	67.56	28.12
% of Calories				16.0%	41.6%	17.3%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 03/03/2020

Reimbursable Meal Total 100

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	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	157	0	8.00	14.50
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	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			638	36	79.25	37.91
% of Calories				22.6%	49.7%	23.8%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990230 Chicken Nugget	5 nuggets	100	184	0	9.62	13.66
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	70	14	18.90	0.00
000839 Roll	each	70	69	1	13.15	2.08
001279 Ketchup Cup	cup	70	21	4	4.90	0.00

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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			520	36	77.13	25.72
% of Calories				27.7%	59.3%	19.8%
Weekly Nutrient Guideline			550 - 650			

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001039 Cheese Pizza	slice	100	300	8	34.00	16.00
000521 Steamed Spinach	1/2 cup	40	20	0	3.20	1.60
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
000773 Strawberry Cup	each	60	54	11	13.20	0.60
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			524	37	79.89	28.04
% of Calories				28.2%	61.0%	21.4%
Weekly Nutrient Guideline			550 - 650			

Monday - 03/16/2020

Reimbursable Meal Total 100

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Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000465 Beef Tacos	2 each	100	296	2	30.00	24.32
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
000115 Pineapple Tidbits	1/2 cup	60	52	11	12.93	0.62
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			597	33	80.68	41.33
% of Calories				22.1%	54.1%	27.7%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 03/17/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001384 Lasagna Roll	serving	50	185	4	16.86	11.14
990245 Mozzarella Max Stix w/ Marinara Sauce	2 Stix	50	170	2	18.36	7.64
000945 Steamed Broccoli	1/2 cup	70	25	0	3.40	0.85
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

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Weighted Daily Average		577	40	77.35	28.28
% of Calories			27.7%	53.6%	19.6%
Weekly Nutrient Guideline		550 - 650			

Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990230 Chicken Nugget	5 nuggets	100	184	0	9.62	13.66
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	70	14	18.90	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
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			520	36	77.13	25.72
% of Calories				27.7%	59.3%	19.8%
Weekly Nutrient Guideline			550 - 650			

Thursday - 03/19/2020

Reimbursable Meal Total 100

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Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001039 Cheese Pizza	slice	100	300	8	34.00	16.00
000521 Steamed Spinach	1/2 cup	70	35	0	5.61	2.80
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
000773 Strawberry Cup	each	60	54	11	13.20	0.60
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			539	37	82.29	29.24
% of Calories				27.5%	61.1%	21.7%
Weekly Nutrient Guideline			550 - 650			

Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheeseburger	burger	40	160	2	11.82	10.82
990236 Pig n Blanket	serving	60	132	2	13.35	6.03
990258 Fish Shapes	4 shapes	10	22	0	1.90	1.50
001477 Baked Beans	1/2 cup	40	56	5	12.00	2.00
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
000566 Peach Cup	Each	60	48	10	11.40	0.60
000821 Ketchup Packets	2 PC	70	14	3	2.80	0.00

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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			548	38	72.14	29.55
% of Calories				27.7%	52.7%	21.6%
Weekly Nutrient Guideline			550 - 650			

Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000307 Grilled Chicken Panini	each	40	124	2	12.60	9.60
001417 Grilled Cheese Sandwich	EACH	60	144	3	19.20	7.80
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
000115 Pineapple Tidbits	1/2 cup	65	57	12	14.00	0.67
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			501	37	69.91	26.64
% of Calories				29.5%	55.8%	21.3%
Weekly Nutrient Guideline			550 - 650			

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Tuesday - 03/24/2020

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
990240 Salsa Cup	each	60	15	2	3.00	0.60
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			708	33	87.46	33.08
% of Calories				18.6%	49.4%	18.7%
Weekly Nutrient Guideline			550 - 650			

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990231 Popcorn Chicken	12 pieces	100	250	1	14.98	14.98
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	61	1	12.62	1.44
990095 Green Beans	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	89	78	15	21.02	0.00
000839 Roll	each	90	89	2	16.91	2.67

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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			619	38	90.19	27.80
% of Calories				24.6%	58.3%	18.0%
Weekly Nutrient Guideline			550 - 650			

Thursday - 03/26/2020

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
000521 Steamed Spinach	1/2 cup	70	35	0	5.61	2.80
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
000773 Strawberry Cup	each	60	54	11	13.20	0.60
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			539	32	83.29	34.24
% of Calories				23.7%	61.8%	25.4%
Weekly Nutrient Guideline			550 - 650			

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Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheeseburger	burger	40	160	2	11.82	10.82
000362 Steak on Bun	each	60	252	3	27.00	13.20
990258 Fish Shapes	4 shapes	10	22	0	1.90	1.50
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
000566 Peach Cup	Each	80	64	13	15.20	0.80
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			711	38	90.59	35.82
% of Calories				21.4%	51.0%	20.2%
Weekly Nutrient Guideline			550 - 650			

Monday - 03/30/2020

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990217 Chili Cheese Tots	serving	50	159	3	15.52	6.69
990216 Cheesy Tots	serving	50	111	2	13.27	3.19
001312 Steamed Carrots	1/2 Cup Serving	40	11	1	2.58	0.43
000897 Heartzels Pretzels	bag	60	48	0	9.60	1.20
000115 Pineapple Tidbits	1/2 cup	65	57	12	14.00	0.67
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			493	35	72.23	20.17
% of Calories				28.4%	58.6%	16.4%
Weekly Nutrient Guideline			550 - 650			

Tuesday - 03/31/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001384 Lasagna Roll	serving	50	185	4	16.86	11.14
990245 Mozzarella Max Stix w/ Marinara Sauce	2 Stix	50	170	2	18.36	7.64
000945 Steamed Broccoli	1/2 cup	70	25	0	3.40	0.85
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

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000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			577	40	77.35	28.28
% of Calories				27.7%	53.6%	19.6%
Weekly Nutrient Guideline			550 - 650			

			Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			579	36	79.03	30.00
% of Calories				24.9%	54.6%	20.7%

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.