

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

**Menu Name:** Coleman Lunch

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Monday - 03/02/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990034 Beef and Broccoli w/ White Rice	Serving	100	304	4	39.42	24.16
000561 Egg Roll	each	73	113	6	19.07	2.92
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000115 Pineapple Tidbits	1/2 cup	40	35	8	8.62	0.41
000904 Strawberry Craisins	1 bag	50	55	12	14.00	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
<b>Weighted Daily Average</b>			<b>621</b>	<b>47</b>	<b>100.68</b>	<b>35.34</b>
<b>% of Calories</b>				<b>30.3%</b>	<b>64.9%</b>	<b>22.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>			

### Tuesday - 03/03/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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

# Base Menu Spreadsheet

## Weighted Values

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
001331 Apple Slices in Bag	2 oz bag	20	6	1	1.40	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	86	16	17.18	1.30
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			654	37	79.13	39.21
% of Calories				22.6%	48.4%	24.0%
Weekly Nutrient Guideline			600 - 700			

### Wednesday - 03/04/2020

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001043 Diced Peaches	1/2 cup	60	39	7	9.59	0.00
000957 Honey Wheat Roll	roll	70	98	1	18.20	2.80
001279 Ketchup Cup	cup	70	21	4	4.90	0.00

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

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			587	44	91.77	26.45
% of Calories				30.0%	62.5%	18.0%
Weekly Nutrient Guideline			600 - 700			

### Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990167 Domino's Cheese Pizza	slice	100	300	3	35.00	21.00
000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000521 Steamed Spinach	1/2 cup	20	10	0	1.60	0.80
000773 Strawberry Cup	each	60	54	11	13.20	0.60
990242 Mixed Berry Cup	each	60	54	10	12.00	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			591	42	83.79	30.31
% of Calories				28.4%	56.7%	20.5%
Weekly Nutrient Guideline			600 - 700			

### Monday - 03/16/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
000953 Bread stick	each	1	1	0	0.27	0.05
001477 Baked Beans	1/2 cup	75	105	9	22.50	3.75
000115 Pineapple Tidbits	1/2 cup	75	65	14	16.16	0.77
000904 Strawberry Craisins	1 bag	60	66	14	16.80	0.00
000589 White Milk	each	30	30	4	3.60	2.40
000588 Chocolate Milk	each	60	66	11	11.40	4.80
<b>Weighted Daily Average</b>			<b>604</b>	<b>57</b>	<b>99.52</b>	<b>21.64</b>
<b>% of Calories</b>				<b>37.7%</b>	<b>65.9%</b>	<b>14.3%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>			

### Tuesday - 03/17/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001363 Garlic Toast	Serving	80	80	1	11.20	2.40
000945 Steamed Broccoli	1/2 cup	70	25	0	3.40	0.85
001312 Steamed Carrots	1/2 Cup	60	16	2	3.88	0.65

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Serving					
000650 Cherry Jello w/ Pineapples	1/2 cup	60	69	13	13.74	1.04
990037 Blue Raspberry Applesauce	4.5oz cup	60	54	11	13.20	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	75	82	14	14.25	6.00
<b>Weighted Daily Average</b>			<b>703</b>	<b>48</b>	<b>97.29</b>	<b>31.32</b>
% of Calories				27.3%	55.4%	17.8%
Weekly Nutrient Guideline			600 - 700			

**Wednesday - 03/18/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001043 Diced Peaches	1/2 cup	60	39	7	9.59	0.00
000957 Honey Wheat Roll	roll	70	98	1	18.20	2.80
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			587	44	91.77	26.45
% of Calories				30.0%	62.5%	18.0%
Weekly Nutrient Guideline			600 - 700			

### Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	40	20	0	3.20	1.60
000461 Baby Carrots w/ Ranch	1/2 cup	60	61	3	5.03	0.57
000773 Strawberry Cup	each	60	54	11	13.20	0.60
990242 Mixed Berry Cup	each	30	27	5	6.00	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			569	38	79.69	31.77
% of Calories				26.7%	56.0%	22.3%
Weekly Nutrient Guideline			600 - 700			

### Friday - 03/20/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	40	160	2	11.80	10.81
000362 Steak on Bun	each	60	252	3	27.00	13.20
990259 Fish Sticks	4 sticks	20	44	0	3.80	2.80
990159 Crinkle Cut Fries	serv.(2.06oz)	75	68	0	10.53	0.75
001477 Baked Beans	1/2 cup	60	84	7	18.00	3.00
990160 Mandarin Oranges	1/2 cup	70	64	12	14.23	0.75
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
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			815	48	110.31	39.52
% of Calories				23.6%	54.1%	19.4%
Weekly Nutrient Guideline			600 - 700			

**Monday - 03/23/2020**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000104 Meatball Sub	sub	60	288	5	23.67	18.95
990164 Chicken Sub	Serving	40	123	1	11.82	7.46
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
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	75	82	14	14.25	6.00
<b>Weighted Daily Average</b>			<b>722</b>	<b>55</b>	<b>93.20</b>	<b>35.65</b>
<b>% of Calories</b>				<b>30.5%</b>	<b>51.6%</b>	<b>19.8%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>			

### Tuesday - 03/24/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
000650 Cherry Jello w/	1/2 cup	75	86	16	17.18	1.30



# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Pineapples						
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			795	49	104.64	34.38
% of Calories				24.7%	52.6%	17.3%
Weekly Nutrient Guideline			600 - 700			

**Wednesday - 03/25/2020**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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	70	61	12	16.53	0.00
001043 Diced Peaches	1/2 cup	60	39	7	9.59	0.00
000957 Honey Wheat Roll	roll	90	126	2	23.40	3.60
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

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			679	43	101.78	28.73
% of Calories				25.3%	60.0%	16.9%
Weekly Nutrient Guideline			600 - 700			

### Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990239 Pepperoni Pizza	slice	100	270	5	33.00	15.00
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	75	68	14	16.50	0.75
990242 Mixed Berry Cup	each	60	54	10	12.00	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			577	46	96.59	28.39
% of Calories				31.9%	67.0%	19.7%
Weekly Nutrient Guideline			600 - 700			

### Friday - 03/27/2020

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	60	240	2	17.70	16.22
000541 Chili Cheese Hot Dog	each	40	164	2	13.13	9.55
990259 Fish Sticks	4 sticks	20	44	0	3.80	2.80
990159 Crinkle Cut Fries	serv.(2.06oz)	85	77	0	11.94	0.85
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	75	68	13	15.25	0.81
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
000821 Ketchup Packets	2 PC	80	16	3	3.20	0.00
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			743	42	88.09	38.83
% of Calories				22.6%	47.4%	20.9%
Weekly Nutrient Guideline			600 - 700			

**Monday - 03/30/2020**

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
990034 Beef and Broccoli w/ White Rice	Serving	100	304	4	39.42	24.16
000561 Egg Roll	each	73	113	6	19.07	2.92
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000115 Pineapple Tidbits	1/2 cup	40	35	8	8.62	0.41
000904 Strawberry Craisins	1 bag	50	55	12	14.00	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
<b>Weighted Daily Average</b>			<b>621</b>	<b>47</b>	<b>100.68</b>	<b>35.34</b>
% of Calories				30.3%	64.9%	22.8%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>			

### Tuesday - 03/31/2020

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (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
001331 Apple Slices in Bag	2 oz bag	20	6	1	1.40	0.00
000650 Cherry Jello w/	1/2 cup	75	86	16	17.18	1.30

# Base Menu Spreadsheet

## Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Pineapples						
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			654	37	79.13	39.21
% of Calories				22.6%	48.4%	24.0%
Weekly Nutrient Guideline			600 - 700			

			Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			658	45	93.63	32.66
% of Calories				27.4%	56.9%	19.9%

- \*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.