

Planned Menu Spreadsheet

Weighted Values

Sep 17, 2019 thru Sep 17, 2019

Menu Name: HIGH SCHOOL LINE 3 & 4 Nugget
Site: 5 - WAXAHACHIE HIGH SCHOOL GRADES 9-12

Include Cost: No
Report Style: Detailed

Tuesday - 09/17/2019

Reimbursable Meal Total 780

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)	Protn (g)
990198 Chicken Nugget Gold Kist	6 nuggets	228	71	169	5.65	6.00
990132 Hot & Spicy Nuggets	10 pc serving	196	60	151	3.77	5.03
000123 Popcorn Chicken	serving(4.3oz)	286	82	175	4.77	5.50
990096 Chicken Tenders	tenders 3	70	24	45	1.30	2.15
001490 Mashed Potatoes w/ Gravy	1/2 cup	520	45	179	9.35	1.07
990118 Garden Salad w/Ranch	each	102	12	33	0.59	0.24
001477 Baked Beans	1/2 cup	80	14	38	3.08	0.51
000957 Honey Wheat Roll	roll	560	101	122	18.67	2.87
000064 Fresh Apple	apple	100	9	0	2.44	0.05
001476 Banana	each	80	15	0	3.97	0.19
000526 Pears, fresh	each	80	10	0	2.59	0.06
000648 Orange	each	40	2	0	0.58	0.05
000637 BBQ Sauce Cup	1 OZ	300	12	37	3.08	0.00
001279 Ketchup Cup	cup	300	12	29	2.69	0.00
000588 Chocolate Milk	each	400	56	51	9.74	4.10

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000589 White Milk	each	200	26	32	3.08	2.05
Weighted Daily Average			549	1060	75.33	29.87
% of Calories					54.9%	21.8%
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.