

Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 2, 2019

Menu Name: HIGH SCHOOL LINE 5 Nacho

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000987 Frito Pie	serving	25	96	131	0	8.25	4.08
000541 Chili Cheese Hot Dog	each	25	83	171	1	7.84	4.74
001428 Nachos w/ Shred Beef	each	50	181	318	2	17.87	10.05
000965 Baked Beans	1/2 Cup	60	84	222	7	18.00	3.60
000843 Tator Tots	8 Tots	100	90	170	0	14.00	1.00
000681 Homemade Salsa	1/2 CUP PORTION	50	16	28	*2	3.35	0.65
001505 Garden Salad	each	60	8	8	*0	1.56	0.54
990055 Jalapenos & Onion	1/4 Cup	25	5	0	*0	1.12	0.14
000064 Fresh Apple	each	25	24	0	5	6.28	0.12
001476 Banana	each	25	38	0	5	9.68	0.46
000650 Cherry Jello w/ Pineapples	1/2 cup	80	36	21	*7	7.34	0.39
001043 Peaches, Diced Ex Lt Syrup	1/2cup	60	39	3	8	9.00	0.00
001503 Ranch Dressing	2 Tbsp	60	30	180	1	4.80	0.60
000589 White Milk	each	30	30	38	4	3.60	2.40
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80

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Weighted Daily Average		826	1350	*52	124.10	33.57
% of Calories				*25.2%	60.1%	16.3%
Weekly Nutrient Guideline		750 - 850	1420			

Tuesday - 04/02/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protrn (g)
000987 Frito Pie	serving	25	96	131	0	8.25	4.08
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001043 Peaches, Diced Ex Lt Syrup	1/2cup	60	39	3	8	9.00	0.00
001503 Ranch Dressing	2 Tbsp	60	30	180	1	4.80	0.60
000589 White Milk	each	30	30	38	4	3.60	2.40
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80

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Apr 1, 2019 thru Apr 2, 2019

Weighted Daily Average		742	1128	*45	106.10	29.97
% of Calories				*24.3%	57.2%	16.2%
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.