

Base Menu Spreadsheet

Weighted Values

Mar 4, 2019 thru Mar 5, 2019

Menu Name: HIGH SCHOOL LINE 5 Nacho

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/04/2019

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 | 30 | 42 | 111 | 4 | 9.00 | 1.80 |
| 000843 Tator Tots | 8 Tots | 75 | 67 | 127 | 0 | 10.50 | 0.75 |
| 000681 Homemade Salsa | 1/2 CUP PORTION | 50 | 16 | 28 | *2 | 3.35 | 0.65 |
| 001505 Garden Salad | each | 25 | 3 | 3 | *0 | 0.65 | 0.23 |
| 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 | 60 | 27 | 16 | *5 | 5.51 | 0.29 |
| 001043 Peaches, Diced Ex Lt Syrup | 1/2cup | 60 | 39 | 3 | 8 | 9.00 | 0.00 |
| 001503 Ranch Dressing | 2 Tbsp | 25 | 12 | 75 | 0 | 2.00 | 0.25 |
| 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 Values

Mar 4, 2019 thru Mar 5, 2019

| | | | | | | |
|---------------------------|--|-----------|------|--------|--------|-------|
| Weighted Daily Average | | 731 | 1082 | *46 | 106.06 | 30.75 |
| % of Calories | | | | *25.2% | 58.0% | 16.8% |
| Weekly Nutrient Guideline | | 750 - 850 | 1420 | | | |

Tuesday - 03/05/2019

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 |
| 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 |
| 000843 Tator Tots | 8 Tots | 75 | 67 | 127 | 0 | 10.50 | 0.75 |
| 000681 Homemade Salsa | 1/2 CUP PORTION | 50 | 16 | 28 | *2 | 3.35 | 0.65 |
| 001505 Garden Salad | each | 20 | 3 | 3 | *0 | 0.52 | 0.18 |
| 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 | 60 | 27 | 16 | *5 | 5.51 | 0.29 |
| 001043 Peaches, Diced Ex Lt Syrup | 1/2cup | 60 | 39 | 3 | 8 | 9.00 | 0.00 |
| 001503 Ranch Dressing | 2 Tbsp | 20 | 10 | 60 | 0 | 1.60 | 0.20 |
| 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 Values

Mar 4, 2019 thru Mar 5, 2019

| | | | | | | |
|---------------------------|--|-----------|------|--------|-------|-------|
| Weighted Daily Average | | 686 | 955 | *42 | 96.53 | 28.86 |
| % of Calories | | | | *24.5% | 56.3% | 16.8% |
| 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.