

Base Menu Spreadsheet

Portion Values

Feb 4, 2019 thru Feb 8, 2019

Menu Name: HIGH SCHOOL LINE 3 & 4-Country

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	428	682	*2	26.73	25.92
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	299	522	*0	17.80	18.00
009030 Chicken Tenders w/ Gravy	Serving	25	199	399	*0	11.38	17.54
000965 Baked Beans	1/2 Cup	40	140	370	12	30.00	6.00
000392 Mashed Potatoes	1/2 cup	80	64	251	*1	13.62	1.60
000957 Honey Wheat Roll	each	92	140	170	2	26.00	4.00
000426 Steamed Green Beans	1/2 cup	40	31	4	*0	5.11	2.04
001274 Garden Salad	Salad	40	13	19	*0	3.07	0.93
000064 Fresh Apple	each	25	95	2	19	25.13	0.47
000650 Cherry Jello w/ Pineapples	1/2 cup	60	45	27	*8	9.18	0.49
001476 Banana	each	15	151	2	21	38.73	1.85
001070 Sliced Peaches	1/2 cup	40	106	6	21	27.21	0.00
001502 BBQ Sauce	2 Tbsp	25	43	70	9	10.83	0.00
001503 Ranch Dressing	2 Tbsp	70	50	300	1	8.00	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00

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000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			840	1418	*45	121.34	38.19
% of Calories					*21.4%	57.8%	18.2%
Weekly Nutrient Guideline			750 - 850	1420			

Tuesday - 02/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	428	682	*2	26.73	25.92
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	299	522	*0	17.80	18.00
009030 Chicken Tenders w/ Gravy	Serving	25	199	399	*0	11.38	17.54
000392 Mashed Potatoes	1/2 cup	80	64	251	*1	13.62	1.60
000957 Honey Wheat Roll	each	92	140	170	2	26.00	4.00
000426 Steamed Green Beans	1/2 cup	40	31	4	*0	5.11	2.04
001274 Garden Salad	Salad	40	13	19	*0	3.07	0.93
000064 Fresh Apple	each	25	95	2	19	25.13	0.47
000650 Cherry Jello w/ Pineapples	1/2 cup	60	45	27	*8	9.18	0.49
001476 Banana	each	15	151	2	21	38.73	1.85
001070 Sliced Peaches	1/2 cup	40	106	6	21	27.21	0.00
001502 BBQ Sauce	2 Tbsp	25	43	70	9	10.83	0.00
001503 Ranch Dressing	2 Tbsp	70	50	300	1	8.00	1.00

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000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			784	1270	*41	109.34	35.79
% of Calories					*20.9%	55.8%	18.3%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	428	682	*2	26.73	25.92
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	299	522	*0	17.80	18.00
009030 Chicken Tenders w/ Gravy	Serving	25	199	399	*0	11.38	17.54
000392 Mashed Potatoes	1/2 cup	80	64	251	*1	13.62	1.60
000957 Honey Wheat Roll	each	92	140	170	2	26.00	4.00
000426 Steamed Green Beans	1/2 cup	40	31	4	*0	5.11	2.04
001274 Garden Salad	Salad	40	13	19	*0	3.07	0.93
000064 Fresh Apple	each	25	95	2	19	25.13	0.47
000650 Cherry Jello w/ Pineapples	1/2 cup	60	45	27	*8	9.18	0.49
001476 Banana	each	15	151	2	21	38.73	1.85
001070 Sliced Peaches	1/2 cup	40	106	6	21	27.21	0.00
001502 BBQ Sauce	2 Tbsp	25	43	70	9	10.83	0.00

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001503 Ranch Dressing	2 Tbsp	70	50	300	1	8.00	1.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			784	1270	*41	109.34	35.79
% of Calories					*20.9%	55.8%	18.3%
Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	428	682	*2	26.73	25.92
990052 Popcorn Chicken w/ Gravy	serving(4.3oz)	25	299	522	*0	17.80	18.00
009030 Chicken Tenders w/ Gravy	Serving	25	199	399	*0	11.38	17.54
000392 Mashed Potatoes	1/2 cup	80	64	251	*1	13.62	1.60
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000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
000589 White Milk	each	20	100	125	12	12.00	8.00
Weighted Daily Average			784	1270	*41	109.34	35.79
% of Calories					*20.9%	55.8%	18.3%
Weekly Nutrient Guideline			750 - 850	1420			

Friday - 02/08/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990020 Chicken Nuggets w/ Gravy	8 nuggets	50	428	682	*2	26.73	25.92
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% of Calories					*20.9%	55.8%	18.3%
Weekly Nutrient Guideline			750 - 850	1420			

			Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			795	1300	*42	111.74	36.27
% of Calories					*21.1%	56.2%	18.2%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	795		750-850	100%				
Sodium	1300 mg		1420.000	92%				
Sugars	*42 g	*21.1%					Missing Data	
Carbohydrate	111.74 g	56.2%						
Protein	36.27 g	18.2%						

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.