

Planned Menu Spreadsheet

Weighted Values

Sep 17, 2019 thru Sep 17, 2019

Menu Name: HIGH SCHOOL LINE 6 Nacho
Site: 5 - WAXAHACHIE HIGH SCHOOL GRADES 9-12

Include Cost: No
Report Style: Detailed

Tuesday - 09/17/2019

Reimbursable Meal Total 133

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	69	150	118	15.40	2.50
990136 Cheesy Nachos w/ Choice of Meat	each	64	99	107	14.16	1.35
990140 Taco Meat HS	each	59	79	126	1.15	6.28
990143 Shred Chicken HS	2.2oz srv.	36	32	127	1.35	4.01
990144 Shred Beef HS	3.28 oz srv.	48	41	15	0.00	7.22
990138 6 Layer Dip	serving	80	117	280	11.16	5.57
000634 Sour Cream	Packet	80	36	9	0.60	0.60
001283 Shredded Lettuce	1/4 cup	100	4	2	0.94	0.47
001284 Diced Tomatoes	1/4 cup	60	4	1	0.79	0.18
000039 Cheese,Cheddar RF	1oz. serving	0	0	0	0.00	0.00
990139 Salsa Ranchera	1/4 cup	50	6	64	0.38	0.00
000128 Jalapeno Peppers	1 oz	50	2	92	1.47	0.00
000064 Fresh Apple	apple	40	22	0	5.73	0.11
001476 Banana	each	40	45	1	11.65	0.56
000526 Pears, fresh	each	20	14	0	3.80	0.09

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000648 Orange	each	40	14	0	3.39	0.27
000588 Chocolate Milk	each	150	124	113	21.43	9.02
000589 White Milk	each	50	38	47	4.51	3.01
Weighted Daily Average			826	1101	97.93	41.23
% of Calories					47.4%	20.0%
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.