

# Base Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

**Menu Name:** TURNER PRE-K LUNCH

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Friday - 03/01/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990086 Mini Hot dog	2 min dogs	100	280	593	2	16.67	10.99
990082 Broccoli Grinch Dip	.5 cup	60	105	99	1	2.95	1.34
990083 Cat in the Hat Veggies	1/2 cup	60	6	1	*0	1.43	0.29
990084 Thing 1, Thing 2 Jello	1/2 Cup	75	79	85	*15	15.01	0.75
990085 Trufula Fruit Beezlenut Berries	1/2 cup	60	19	0	3	4.69	0.17
000589 White Milk	each	40	40	50	5	4.80	3.20
Weighted Daily Average			529	828	*26	45.55	16.74
% of Calories					*19.7%	34.4%	12.7%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Monday - 03/04/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	1	240	670	11	33.00	11.00
001477 Baked Beans	1/2 cup	1	140	370	12	30.00	6.00
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00

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990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			660	1335	54	111.00	26.00
% of Calories					32.7%	67.3%	15.8%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Tuesday - 03/05/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	1	420	725	*1	37.39	17.04
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
000566 Peach Cup	Each	1	80	0	16	19.00	1.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			763	1053	*32	92.57	36.86
% of Calories					*16.8%	48.5%	19.3%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Wednesday - 03/06/2019

### Reimbursable Meal Total 1

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	1	70	286	*1	14.42	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			710	1103	*33	96.34	35.66
% of Calories					*18.6%	54.3%	20.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 03/07/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	1	300	660	13	35.00	16.00
000948 Cucumbers & Tomatoes	1/2 cup	1	100	192	*2	3.38	1.48
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			597	978	*36	73.08	*27.46
% of Calories					*24.1%	49.0%	*18.4%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Tuesday - 03/19/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000152 Soft Beef Taco	1 each	1	256	415	*1	17.28	16.00
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
000566 Peach Cup	Each	1	80	0	16	19.00	1.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			599	743	*32	72.45	35.81
% of Calories					*21.4%	48.4%	23.9%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Wednesday - 03/20/2019

### Reimbursable Meal Total 1

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	1	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	1	70	286	*1	14.42	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			710	1103	*33	96.34	35.66
% of Calories					*18.6%	54.3%	20.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

Thursday - 03/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	1	300	660	13	35.00	16.00
000948 Cucumbers & Tomatoes	1/2 cup	1	100	192	*2	3.38	1.48
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			597	978	*36	73.08	*27.46
% of Calories					*24.1%	49.0%	*18.4%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Friday - 03/22/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	1	264	648	5	24.23	21.71
001524 Emoji Fries	4 Emoji	1	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	1	11	8	1	2.21	0.67
000103 Mandarin Oranges	1/2 cup	1	93	10	22	23.44	0.98
000821 Ketchup Packets	2 PC	1	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	1	5	85	0	0.75	0.50
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			612	1006	44	84.64	33.86
% of Calories					28.8%	55.3%	22.1%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Monday - 03/25/2019

### Reimbursable Meal Total 1

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	1	263	869	12	30.77	18.27
000843 Tator Tots	8 Tots	1	90	170	0	14.00	1.00
000945 Steamed Broccoli	1/2 cup	1	27	23	*N/A*	5.07	2.93
990040 Watermelon Applesauce Cup	4.5oz. cup	1	90	0	19	22.00	0.00
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			570	1187	*43	83.83	30.20
% of Calories					*30.2%	58.8%	21.2%
Weekly Nutrient Guideline			550 - 650	1230			7.30

**Tuesday - 03/26/2019**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001028 Pepperoni Calzone	EACH	1	270	561	3	33.06	19.03
001202 Garden Salad w/Ranch	each	1	103	203	*1	3.60	1.91
990000 Steamed Corn	1/2 cup	1	67	1	*3	15.90	1.99
000566 Peach Cup	Each	1	80	0	16	19.00	1.00

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			620	890	*35	83.56	31.93
% of Calories					*22.6%	53.9%	20.6%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Wednesday - 03/27/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	1	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	1	64	251	*1	13.62	1.60
000426 Steamed Green Beans	1/2 cup	1	31	4	*0	5.11	2.04
000115 Pineapple Tidbits	1/2 cup	1	75	10	14	17.89	0.99
000839 Roll	each	1	171	273	5	30.72	6.83
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			708	870	*33	96.26	33.58
% of Calories					*18.6%	54.4%	19.0%
Weekly Nutrient Guideline			550 - 650	1230			7.30

### Thursday - 03/28/2019

### Reimbursable Meal Total 1



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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001224 Bean and Cheese Burrito	each	1	291	478	0	40.95	15.60
001098 Refried Beans w/cheese	1/2 cup	1	147	197	1	20.33	9.33
000718 Lettuce & Tomato	3/4 cup	1	16	6	2	3.84	1.48
001331 Apple Slices in Bag	2oz bag	1	30	0	6	6.80	*N/A*
000589 White Milk	each	1	100	125	12	12.00	8.00
<b>Weighted Daily Average</b>			<b>584</b>	<b>806</b>	<b>21</b>	<b>83.93</b>	<b>*34.41</b>
<b>% of Calories</b>					<b>14.4%</b>	<b>57.5%</b>	<b>*23.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>550 - 650</b>	<b>1230</b>			<b>7.30</b>

## Friday - 03/29/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001025 Crispy Chicken Sandwich	each	1	390	610	5	37.75	21.25
001524 Emoji Fries	4 Emoji	1	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	1	11	8	1	2.21	0.67
000771 Kiwi Strawberry Sidekick	each	1	80	45	*N/A*	20.00	0.00
000821 Ketchup Packets	2 PC	1	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	1	5	85	0	0.75	0.50

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## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	1	100	125	12	12.00	8.00
Weighted Daily Average			726	1003	*22	94.71	32.42
% of Calories					*12.1%	52.2%	17.9%
Weekly Nutrient Guideline			550 - 650	1230			7.30

*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.**