

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: DUNAWAY ELEMENTARY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000817 Hamburger	each	25	230	480	4	22.75	19.25
000149 Cheeseburger on Bun	each	75	265	637	5	23.76	22.79
001524 Emoji Fries	4 Emoji	95	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	65	11	8	1	2.21	0.67
990013 Italian Ice Emoji	4.4oz	70	99	15	25	25.00	0.00
990044 Orange Craisins	packet	70	110	0	24	28.00	0.00
000821 Ketchup Packets	2 PC	75	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	40	5	85	0	0.75	0.50
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			648	867	59	99.70	32.44
% of Calories					36.4%	61.5%	20.0%
Weekly Nutrient Guideline			550 - 650	1230			

Monday - 02/04/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001498 Tangerine Chicken	3.9oz. serving	50	167	334	11	22.00	12.32
001375 Teriyaki Chicken	Serving (2.85oz)	50	151	482	15	15.05	15.05
000961 Steamed Fried Rice	1/2 cup serving	80	94	13	*0	20.36	2.23
000945 Steamed Broccoli	1/2 cup	75	27	23	*N/A*	5.07	2.93
001312 Steamed Carrots	1/2 Cup Serving	65	34	55	*4	7.61	0.00
000115 Pineapple Tidbits	1/2 cup	75	75	10	14	17.89	0.99
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			439	584	*43	74.22	26.41
% of Calories					*39.2%	67.6%	24.1%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 02/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001028 Pepperoni Calzone	EACH	70	270	561	3	33.06	19.03
001336 Spaghetti w/Meat Sauce	each	30	449	567	*10	38.59	31.04
001202 Garden Salad w/Ranch	each	70	103	203	*1	3.60	1.91
001496 Baked Cauliflower	3.56oz serving	60	25	15	*1	3.00	1.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

001331 Apple Slices in Bag	2oz bag	65	30	0	6	6.80	*N/A*
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			538	820	*27	60.71	*32.57
% of Calories					*20.1%	45.1%	*24.2%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 02/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	100	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	95	64	251	*1	13.62	1.60
001477 Baked Beans	1/2 cup	65	140	370	12	30.00	6.00
000566 Peach Cup	Each	85	80	0	16	19.00	1.00
000839 Roll	each	80	171	273	5	30.72	6.83
001279 Ketchup Cup	cup	60	30	75	5	7.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			750	1055	*47	111.54	33.85
% of Calories					*25.1%	59.5%	18.1%
Weekly Nutrient Guideline			550 - 650	1230			

Thursday - 02/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	35	300	660	13	35.00	16.00
001039 Cheese Pizza	slice	65	300	580	14	35.00	16.00
990050 Marinara Dipping Sauce	1/2 cup	75	40	200	4	7.00	1.00
990000 Steamed Corn	1/2 cup	65	67	1	*3	15.90	1.99
990040 Watermelon Applesauce Cup	4.5oz. cup	70	90	0	19	22.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			544	865	*48	83.23	26.04
% of Calories					*35.3%	61.2%	19.1%
Weekly Nutrient Guideline			550 - 650	1230			

Friday - 02/08/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	30	265	637	5	23.76	22.79
001484 BBQ Bacon Chicken Sandwich	sandwich	70	308	778	11	31.25	25.42
001057 Lettuce & Tomato	1/2 cup	60	11	8	1	2.21	0.67
000843 Tator Tots	8 Tots	90	90	170	0	14.00	1.00
990013 Italian Ice Emoji	4.4oz	75	99	15	25	25.00	0.00
000321 Mustard Packet	1 pc	40	5	85	0	0.75	0.50
000821 Ketchup Packets	2 PC	80	20	50	4	4.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			583	1085	48	82.43	34.13
% of Calories					32.9%	56.6%	23.4%
Weekly Nutrient Guideline			550 - 650	1230			

Monday - 02/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	65	263	869	12	30.77	18.27
001369 Turkey Sub	Serving	35	222	658	3	28.02	17.60
001514 Cucumber and Baby Carrots	1/2 cup	75	104	211	*3	4.65	1.40

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

000843 Tator Tots	8 Tots	90	90	170	0	14.00	1.00
000115 Pineapple Tidbits	1/2 cup	65	75	10	14	17.89	0.99
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			564	1219	*37	74.77	28.64
% of Calories					*26.2%	53.0%	20.3%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 02/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	50	352	649	1	35.39	14.04
001367 Chicken and Cheese Quesadilla	quesadillas	50	299	559	2	30.95	18.97
001098 Refried Beans w/cheese	1/2 cup	75	147	197	1	20.33	9.33
000914 Salsa Cup	each	60	29	205	3	5.87	0.00
001331 Apple Slices in Bag	2oz bag	70	30	0	6	6.80	*N/A*
000589 White Milk	each	40	100	125	12	12.00	8.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			581	985	24	72.90	*31.50
% of Calories					16.5%	50.2%	*21.7%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 02/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	100	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	16	64	*0	3.20	0.36
000426 Steamed Green Beans	1/2 cup	70	31	4	*0	5.11	2.04
000566 Peach Cup	Each	80	80	0	16	19.00	1.00
000839 Roll	each	70	171	273	5	30.72	6.83
001279 Ketchup Cup	cup	70	30	75	5	7.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			609	809	*38	81.19	31.49
% of Calories					*25.0%	53.3%	20.7%
Weekly Nutrient Guideline			550 - 650	1230			

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Thursday - 02/14/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001247 Dominos Cheese Pizza	Slice	100	260	540	3	29.00	20.00
001202 Garden Salad w/Ranch	each	60	103	203	*1	3.60	1.91
000400 Carrot/Celery Sticks w/Ranch	1/2 cup	70	2	2	*0	0.07	0.02
000650 Cherry Jello w/ Pineapples	1/2 cup	90	45	27	*8	9.18	0.49
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			471	794	*28	56.72	29.59
% of Calories					*23.8%	48.2%	25.1%
Weekly Nutrient Guideline			550 - 650	1230			

Friday - 02/15/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	70	265	637	5	23.76	22.79
001029 Corn Dog	1 each	30	240	670	11	33.00	11.00
001524 Emoji Fries	4 Emoji	95	120	80	0	18.00	2.00
001057 Lettuce & Tomato	1/2 cup	60	11	8	1	2.21	0.67
990013 Italian Ice Emoji	4.4oz	75	99	15	25	25.00	0.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

000821 Ketchup Packets	2 PC	80	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	40	5	85	0	0.75	0.50
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			578	919	46	84.46	29.76
% of Calories					31.8%	58.4%	20.6%
Weekly Nutrient Guideline			550 - 650	1230			

Monday - 02/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000153 HOLIDAY							
Weighted Daily Average			0	0	0	0.00	0.00
% of Calories					0%	0%	0%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 02/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	100	420	725	*1	37.39	17.04
000718 Lettuce & Tomato	3/4 cup	60	16	6	2	3.84	1.48
001098 Refried Beans	1/2 cup	60	147	197	1	20.33	9.33

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

w/cheese							
001331 Apple Slices in Bag	2oz bag	85	30	0	6	6.80	*N/A*
000589 White Milk	each	40	100	125	12	12.00	8.00
000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			650	957	*24	73.88	*31.53
% of Calories					*14.8%	45.5%	*19.4%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 02/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving(4.3oz)	100	293	487	0	17.00	18.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	16	64	*0	3.20	0.36
000426 Steamed Green Beans	1/2 cup	70	31	4	*0	5.11	2.04
000566 Peach Cup	Each	89	80	0	16	19.00	1.00
000839 Roll	each	90	171	273	5	30.72	6.83
001279 Ketchup Cup	cup	30	30	75	5	7.00	0.00
000637 BBQ Sauce Cup	1 OZ	40	30	95	3	8.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			682	960	*38	90.57	34.79
% of Calories					*22.3%	53.1%	20.4%
Weekly Nutrient Guideline			550 - 650	1230			

Thursday - 02/21/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	50	300	660	13	35.00	16.00
001039 Cheese Pizza	slice	50	300	580	14	35.00	16.00
990050 Marinara Dipping Sauce	1/2 cup	70	40	200	4	7.00	1.00
990000 Steamed Corn	1/2 cup	60	67	1	*3	15.90	1.99
990040 Watermelon Applesauce Cup	4.5oz. cup	80	90	0	19	22.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			547	867	*50	84.29	25.89
% of Calories					*36.6%	61.6%	18.9%
Weekly Nutrient Guideline			550 - 650	1230			

Friday - 02/22/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	50	265	637	5	23.76	22.79
001025 Crispy Chicken Sandwich	each	50	390	610	5	37.75	21.25
000843 Tator Tots	8 Tots	95	90	170	0	14.00	1.00
001057 Lettuce & Tomato	1/2 cup	60	11	8	1	2.21	0.67
990013 Italian Ice Emoji	4.4oz	80	99	15	25	25.00	0.00
000821 Ketchup Packets	2 PC	60	20	50	4	4.00	0.00
000321 Mustard Packet	1 pc	40	5	85	0	0.75	0.50
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			620	972	44	85.33	31.57
% of Calories					28.4%	55.1%	20.4%
Weekly Nutrient Guideline			550 - 650	1230			

Monday - 02/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990047 Cheese Pizza Lunchable	lunchable	60	360	750	7	34.00	13.00
990048 Turkey and Cheese Lunchable	lunchable	40	360	910	11	37.00	18.00
001144 Potato Wedges	2.69 oz	95	18	18	*0	2.87	0.30

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

000433 Mixed Vegetables	1/2 CUP	40	38	30	*3	8.29	0.75
000115 Pineapple Tidbits	1/2 cup	60	75	10	14	17.89	0.99
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			545	955	*35	69.22	24.18
% of Calories					*25.7%	50.8%	17.7%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 02/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000152 Soft Beef Taco	1 each	50	256	415	*1	17.28	16.00
001224 Bean and Cheese Burrito	each	50	291	478	0	40.95	15.60
001333 Pinto Beans	1/2 cup	80	153	316	1	28.01	7.78
000718 Lettuce & Tomato	3/4 cup	70	16	6	2	3.84	1.48
001331 Apple Slices in Bag	2oz bag	60	30	0	6	6.80	*N/A*
000151 Salsa Packet	PC PACKET	60	4	144	0	0.84	0.15
000589 White Milk	each	25	100	125	12	12.00	8.00

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			536	897	*24	76.05	*31.15
% of Calories					*17.9%	56.8%	*23.2%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 02/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	100	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	16	64	*0	3.20	0.36
000426 Steamed Green Beans	1/2 cup	70	31	4	*0	5.11	2.04
000566 Peach Cup	Each	95	80	0	16	19.00	1.00
000839 Roll	each	98	171	273	5	30.72	6.83
001279 Ketchup Cup	cup	40	30	75	5	7.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			662	869	*40	90.86	33.59
% of Calories					*24.2%	54.9%	20.3%
Weekly Nutrient Guideline			550 - 650	1230			

Base Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Thursday - 02/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001247 Dominos Cheese Pizza	Slice	100	260	540	3	29.00	20.00
001202 Garden Salad w/Ranch	each	75	103	203	*1	3.60	1.91
000400 Carrot/Celery Sticks w/Ranch	1/2 cup	80	2	2	*0	0.07	0.02
990040 Watermelon Applesauce Cup	4.5oz. cup	80	90	0	19	22.00	0.00
000589 White Milk	each	25	100	125	12	12.00	8.00
000588 Chocolate Milk	each	75	110	100	18	19.00	8.00
Weighted Daily Average			518	800	*35	66.60	29.44
% of Calories					*27.0%	51.4%	22.7%
Weekly Nutrient Guideline			550 - 650	1230			

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.