

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: GLOBAL HIGH LUNCH

Include Cost: No

Site:

Report Style: Detailed

Tuesday - 09/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990197 Chicken Taco Salad	Taco Salad	50	195	0	15.75	9.81
009035 Cheesy Beef Nachos	each	50	193	0	16.04	8.49
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990146 Roasted Corn	1/2 Cup	75	90	6	16.50	2.25
000634 Sour Cream	Packet	70	42	1	0.70	0.70
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	70	63	13	15.40	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	71	12	14.20	1.14
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			877	47	110.61	36.58
% of Calories				21.4%	50.4%	16.7%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 09/04/2019

Reimbursable Meal Total 100

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Weighted Values

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990198 Chicken Nugget Gold Kist	6 nuggets	50	121	0	9.66	10.26
990132 Hot & Spicy Nuggets	10 pc serving	50	120	1	7.50	10.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	95	64	1	13.32	1.52
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	60	51	9	12.00	0.00
000648 Orange	each	60	27	5	6.77	0.54
000957 Honey Wheat Roll	roll	85	119	2	22.10	3.40
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			644	39	95.60	34.43
% of Calories				24.2%	59.4%	21.4%
Weekly Nutrient Guideline			750 - 850			

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001360 4 Meat Pizza	Slice/ 5.21 oz.	50	185	4	18.00	10.00
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50

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001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	85	53	2	15.08	2.26
001043 Diced Peaches	1/2 cup	70	45	9	10.49	0.00
990176 Watermelon Craisins	packet	85	94	20	23.80	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			686	54	103.21	29.26
% of Calories				31.5%	60.2%	17.1%
Weekly Nutrient Guideline			750 - 850			

Friday - 09/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990171 Buffalo Wings	Wings (5)	50	120	0	1.50	8.00
990170 BBQ Chicken Wings	Wings (5)	50	155	7	10.15	8.00
000461 Baby Carrots w/ Ranch	1/2 cup	85	86	4	7.13	0.80
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
000953 Bread stick WG 7" 2oz.	each	85	119	2	22.95	4.25
990160 Mandarin Oranges	1/2 cup	90	82	16	18.30	0.97
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			687	48	82.29	29.58
% of Calories				27.9%	47.9%	17.2%
Weekly Nutrient Guideline			750 - 850			

Monday - 09/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	60	182	7	22.81	12.01
990169 Chili Bowl	bowl	40	164	3	15.00	9.00
000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000683 Cucumber Slices	1/2 cup	65	7	1	1.74	0.31
000115 Pineapple Tidbits	1/2 cup	65	51	10	12.22	0.68
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			664	58	94.91	30.71
% of Calories				34.9%	57.2%	18.5%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 09/10/2019

Reimbursable Meal Total 100

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	50	156	0	14.80	7.02
990203 Beef Quesadilla	2 quesadilla	50	247	1	14.00	19.00
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990005 Lettuce & Tomato shredded	1/2 cup	60	9	1	2.14	0.69
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	71	12	14.20	1.14
000151 Salsa Packet	PC PACKET	60	0	0	0.00	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			793	48	98.60	43.64
% of Calories				24.2%	49.7%	22.0%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990198 Chicken Nugget Gold Kist	6 nuggets	50	121	0	9.66	10.26
990132 Hot & Spicy Nuggets	10 pc serving	50	120	1	7.50	10.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28

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990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	68	12	16.00	0.00
000648 Orange	each	60	27	5	6.77	0.54
000957 Honey Wheat Roll	roll	70	98	1	18.20	2.80
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			630	42	93.60	33.59
% of Calories				26.7%	59.4%	21.3%
Weekly Nutrient Guideline			750 - 850			

Thursday - 09/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001360 4 Meat Pizza	Slice/ 5.21 oz.	50	185	4	18.00	10.00
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50
001202 Garden Salad w/Ranch	each	65	58	1	2.92	1.20
990000 Steamed Corn	1/2 cup	75	47	1	13.30	2.00
001043 Diced Peaches	1/2 cup	70	45	9	10.49	0.00
990176 Watermelon Craisins	packet	70	77	17	19.60	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			659	50	97.01	28.90
% of Calories				30.3%	58.9%	17.5%
Weekly Nutrient Guideline			750 - 850			

Friday - 09/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990171 Buffalo Wings	Wings (5)	50	120	0	1.50	8.00
990170 BBQ Chicken Wings	Wings (5)	50	155	7	10.15	8.00
000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000683 Cucumber Slices	1/2 cup	70	8	1	1.87	0.34
000953 Bread stick WG 7" 2oz.	each	70	98	1	18.90	3.50
990160 Mandarin Oranges	1/2 cup	70	64	12	14.23	0.75
001331 Apple Slices in Bag	2 oz bag	65	20	4	4.55	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			637	44	73.20	28.50
% of Calories				27.6%	46.0%	17.9%
Weekly Nutrient Guideline			750 - 850			

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Weighted Values

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Monday - 09/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990161 Spaghetti w/ Meat Sauce HS	servings	50	206	4	25.65	12.00
001384 Lasagna Roll	serving	50	170	4	17.36	11.64
990077 Mozzarella Max Stix	1 Stix	75	120	1	12.01	5.26
000945 Steamed Broccoli	1/2 cup	70	23	0	3.11	0.78
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000115 Pineapple Tidbits	1/2 cup	75	59	11	14.09	0.79
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			779	55	112.95	39.11
% of Calories				28.2%	58.0%	20.1%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 09/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990197 Chicken Taco Salad	Taco Salad	50	195	0	15.75	9.81
009035 Cheesy Beef Nachos	each	50	193	0	16.04	8.49

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001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990146 Roasted Corn	1/2 Cup	75	90	6	16.50	2.25
000634 Sour Cream	Packet	70	42	1	0.70	0.70
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	70	63	13	15.40	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	71	12	14.20	1.14
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			877	47	110.61	36.58
% of Calories				21.4%	50.4%	16.7%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990198 Chicken Nugget Gold Kist	6 nuggets	50	121	0	9.66	10.26
990132 Hot & Spicy Nuggets	10 pc serving	50	120	1	7.50	10.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	68	12	16.00	0.00
000648 Orange	each	60	27	5	6.77	0.54

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000957 Honey Wheat Roll	roll	70	98	1	18.20	2.80
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			630	42	93.60	33.59
% of Calories				26.7%	59.4%	21.3%
Weekly Nutrient Guideline		750 - 850				

Thursday - 09/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001360 4 Meat Pizza	Slice/ 5.21 oz.	50	185	4	18.00	10.00
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	75	47	1	13.30	2.00
001043 Diced Peaches	1/2 cup	70	45	9	10.49	0.00
990176 Watermelon Craisins	packet	75	82	18	21.00	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			668	51	98.63	28.99
% of Calories				30.5%	59.1%	17.4%
Weekly Nutrient Guideline			750 - 850			

Friday - 09/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990171 Buffalo Wings	Wings (5)	50	120	0	1.50	8.00
990170 BBQ Chicken Wings	Wings (5)	50	155	7	10.15	8.00
000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000683 Cucumber Slices	1/2 cup	70	8	1	1.87	0.34
000953 Bread stick WG 7" 2oz.	each	80	112	2	21.60	4.00
990160 Mandarin Oranges	1/2 cup	85	77	15	17.28	0.91
001331 Apple Slices in Bag	2 oz bag	70	21	4	4.90	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			666	47	79.30	29.16
% of Calories				28.2%	47.6%	17.5%
Weekly Nutrient Guideline			750 - 850			

Monday - 09/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990172 Bacon & Cheese Potato	Potato	50	197	1	19.63	9.66
990173 BBQ Baked Potato	Serving	50	232	2	33.57	10.86
001477 Baked Beans	1/2 cup	75	105	9	22.50	3.75
000634 Sour Cream	Packet	70	42	1	0.70	0.70
000953 Bread stick WG 7" 2oz.	each	60	84	1	16.20	3.00
000115 Pineapple Tidbits	1/2 cup	75	59	11	14.09	0.79
000904 Strawberry Craisins	1 bag	60	66	14	16.80	0.00
000589 White Milk	each	30	30	4	3.60	2.40

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Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			880	53	138.49	35.96
% of Calories				24.1%	63.0%	16.3%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 09/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	50	156	0	14.80	7.02
990203 Beef Quesadilla	2 quesadilla	50	247	1	14.00	19.00
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
000521 Steamed Spinach	1/2 cup	60	30	0	4.81	2.40
990037 Blue Raspberry Applesauce	4.5oz cup	85	76	16	18.70	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	75	71	12	14.20	1.14
000151 Salsa Packet	PC PACKET	60	0	0	0.00	0.00
000589 White Milk	each	25	25	3	3.00	2.00

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			814	47	101.26	45.35
% of Calories				23.1%	49.8%	22.3%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 09/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990198 Chicken Nugget Gold Kist	6 nuggets	50	121	0	9.66	10.26
990132 Hot & Spicy Nuggets	10 pc serving	50	120	1	7.50	10.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	54	1	11.22	1.28
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	68	12	16.00	0.00
000648 Orange	each	60	27	5	6.77	0.54
000957 Honey Wheat Roll	roll	70	98	1	18.20	2.80
001279 Ketchup Cup	cup	70	21	4	4.90	0.00
000589 White Milk	each	25	25	3	3.00	2.00

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Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			630	42	93.60	33.59
% of Calories				26.7%	59.4%	21.3%
Weekly Nutrient Guideline			750 - 850			

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001360 4 Meat Pizza	Slice/ 5.21 oz.	50	185	4	18.00	10.00
990113 French Bread Cheese Pizza	Slice	50	150	2	17.00	8.50
001202 Garden Salad w/Ranch	each	65	58	1	2.92	1.20
990000 Steamed Corn	1/2 cup	75	47	1	13.30	2.00
001043 Diced Peaches	1/2 cup	70	45	9	10.49	0.00
990176 Watermelon Craisins	packet	70	77	17	19.60	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			659	50	97.01	28.90
% of Calories				30.3%	58.9%	17.5%
Weekly Nutrient Guideline			750 - 850			

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Sep 3, 2019 thru Sep 30, 2019

Friday - 09/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990171 Buffalo Wings	Wings (5)	50	120	0	1.50	8.00
990170 BBQ Chicken Wings	Wings (5)	50	155	7	10.15	8.00
000461 Baby Carrots w/ Ranch	1/2 cup	75	76	4	6.29	0.71
000683 Cucumber Slices	1/2 cup	70	8	1	1.87	0.34
000953 Bread stick WG 7" 2oz.	each	85	119	2	22.95	4.25
990160 Mandarin Oranges	1/2 cup	80	73	14	16.26	0.86
001331 Apple Slices in Bag	2 oz bag	70	21	4	4.90	0.00
000589 White Milk	each	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			668	46	79.63	29.35
% of Calories				27.5%	47.7%	17.6%
Weekly Nutrient Guideline			750 - 850			

Monday - 09/30/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990161 Spaghetti w/ Meat Sauce HS	servings	50	206	4	25.65	12.00
001384 Lasagna Roll	serving	50	170	4	17.36	11.64

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990077 Mozzarella Max Stix	1 Stix	75	120	1	12.01	5.26
000945 Steamed Broccoli	1/2 cup	70	23	0	3.11	0.78
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000115 Pineapple Tidbits	1/2 cup	75	59	11	14.09	0.79
000904 Strawberry Craisins	1 bag	70	77	17	19.60	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			779	55	112.95	39.11
% of Calories				28.2%	58.0%	20.1%
Weekly Nutrient Guideline			750 - 850			

**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.