

Planned Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

Menu Name: CLIFT LUNCH **Include Cost:** No
Site: 111 - CLIFT ELEMENTARY SCHOOL **Report Style:** Detailed

Monday - 03/04/2019 Reimbursable Meal Total 346

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	158	120	397	5	14.05	8.34
001369 Turkey Sub	Serving	188	101	273	1	14.68	7.65
001514 Cucumber and Baby Carrots	1/2 cup	213	64	130	*2	2.86	0.86
000843 Tator Tots	8 Tots	340	88	167	0	13.76	0.98
000115 Pineapple Tidbits	1/2 cup	264	57	8	11	13.65	0.76
000821 Ketchup Packets	2 PC	250	14	36	3	2.89	0.00
000321 Mustard Packet	1 pc	200	3	49	0	0.43	0.29
000589 White Milk	each	50	14	18	2	1.73	1.16
000588 Chocolate Milk	each	300	95	87	16	16.47	6.94
Weighted Daily Average			558	1165	*39	80.53	26.98
% of Calories					*28.0%	57.7%	19.3%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 03/05/2019 Reimbursable Meal Total 474

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990077 Mozzarella Max Stix	1 Stix	268	90	192	1	9.05	3.96
001336 Spaghetti w/Meat Sauce	each	206	187	311	*4	15.04	13.49
990078 Marinara Cup Red Gold	1oz. cups	190	6	48	1	1.20	0.40
001202 Garden Salad w/Ranch	each	200	43	86	*0	1.52	0.81
001496 Baked Cauliflower	3.56oz serving	69	4	2	*0	0.44	0.15
001331 Apple Slices in Bag	2oz bag	280	18	0	4	4.02	*N/A*
000589 White Milk	each	50	11	13	1	1.27	0.84
000588 Chocolate Milk	each	300	70	63	11	12.03	5.06
Weighted Daily Average			428	716	*22	44.56	*24.71
% of Calories					*20.6%	41.6%	*23.1%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 03/06/2019

Reimbursable Meal Total 380

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	380	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	340	57	225	*1	12.19	1.43
001477 Baked Beans	1/2 cup	155	57	151	5	12.24	2.45
000566 Peach Cup	Each	172	36	0	7	8.60	0.45
000839 Roll	each	360	162	259	5	29.10	6.47

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001279 Ketchup Cup	cup	250	20	49	3	4.61	0.00
000589 White Milk	each	50	13	16	2	1.58	1.05
000588 Chocolate Milk	each	300	87	79	14	15.00	6.32
Weighted Daily Average			701	986	*38	100.24	32.28
% of Calories					*21.7%	57.2%	18.4%
Weekly Nutrient Guideline			550 - 650	1230			

Thursday - 03/07/2019

Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	208	160	352	7	18.67	8.53
001039 Cheese Pizza	slice	182	140	271	7	16.33	7.47
990050 Marinara Dipping Sauce	1/2 cup	230	24	118	2	4.13	0.59
990000 Steamed Corn	1/2 cup	200	34	1	*2	8.15	1.02
990040 Watermelon Applesauce Cup	4.5oz. cup	268	62	0	13	15.12	0.00
000589 White Milk	each	50	13	16	2	1.54	1.03
000588 Chocolate Milk	each	300	85	77	14	14.62	6.15
Weighted Daily Average			517	834	*46	78.55	24.79
% of Calories					*35.6%	60.8%	19.2%
Weekly Nutrient Guideline			550 - 650	1230			

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Mar 1, 2019 thru Mar 29, 2019

Tuesday - 03/19/2019

Reimbursable Meal Total 393

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	393	420	725	*1	37.39	17.04
000718 Lettuce & Tomato	3/4 cup	125	5	2	1	1.22	0.47
000914 Salsa Cup	each	180	13	94	1	2.69	0.00
001331 Apple Slices in Bag	2oz bag	280	21	0	4	4.85	*N/A*
000589 White Milk	each	20	5	6	1	0.61	0.41
000588 Chocolate Milk	each	300	84	76	14	14.50	6.11
Weighted Daily Average			549	904	*22	61.26	*24.03
% of Calories					*16.0%	44.6%	*17.5%
Weekly Nutrient Guideline			550 - 650	1230			

Wednesday - 03/20/2019

Reimbursable Meal Total 380

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving(4.3oz)	380	293	487	0	17.00	18.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	340	63	256	*1	12.90	1.43
000426 Steamed Green Beans	1/2 cup	87	7	1	*0	1.17	0.47
000566 Peach Cup	Each	172	36	0	7	8.60	0.45
000839 Roll	each	340	153	244	5	27.49	6.11

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001279 Ketchup Cup	cup	250	20	49	3	4.61	0.00
000637 BBQ Sauce Cup	1 OZ	200	16	50	2	4.21	0.00
000589 White Milk	each	50	13	16	2	1.58	1.05
000588 Chocolate Milk	each	300	87	79	14	15.00	6.32
Weighted Daily Average			688	1183	*33	92.56	33.83
% of Calories					*19.2%	53.8%	19.7%
Weekly Nutrient Guideline			550 - 650	1230			

Thursday - 03/21/2019

Reimbursable Meal Total 390

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	208	160	352	7	18.67	8.53
001039 Cheese Pizza	slice	182	140	271	7	16.33	7.47
990050 Marinara Dipping Sauce	1/2 cup	230	24	118	2	4.13	0.59
990000 Steamed Corn	1/2 cup	200	34	1	*2	8.15	1.02
990040 Watermelon Applesauce Cup	4.5oz. cup	268	62	0	13	15.12	0.00
000589 White Milk	each	50	13	16	2	1.54	1.03

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	300	85	77	14	14.62	6.15
Weighted Daily Average			517	834	*46	78.55	24.79
% of Calories					*35.6%	60.8%	19.2%
Weekly Nutrient Guideline			550 - 650	1230			

Friday - 03/22/2019

Reimbursable Meal Total 380

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	240	166	409	3	15.31	13.71
000309 FISH NUGGETS	4 EACH	140	81	88	0	7.37	5.16
001524 Emoji Fries	4 Emoji	340	107	72	0	16.11	1.79
001057 Lettuce & Tomato	1/2 cup	100	3	2	0	0.58	0.18
990013 Italian Ice Emoji	4.4oz	340	89	13	22	22.37	0.00
000821 Ketchup Packets	2 PC	250	13	33	3	2.63	0.00
000321 Mustard Packet	1 pc	200	3	45	0	0.39	0.26
000589 White Milk	each	50	13	16	2	1.58	1.05

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	300	87	79	14	15.00	6.32
Weighted Daily Average			562	758	45	81.34	28.47
% of Calories					32.0%	57.9%	20.3%
Weekly Nutrient Guideline			550 - 650	1230			

Monday - 03/25/2019

Reimbursable Meal Total 380

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990047 Cheese Pizza Lunchable	lunchable	240	227	474	4	21.47	8.21
001417 Grilled Cheese Sandwich Elem.	EACH	140	84	227	2	12.15	4.03
990000 Steamed Corn	1/2 cup	200	35	1	*2	8.37	1.05
000945 Steamed Broccoli	1/2 cup	124	9	7	*N/A*	1.65	0.96
000115 Pineapple Tidbits	1/2 cup	244	48	6	9	11.49	0.64
000589 White Milk	each	50	13	16	2	1.58	1.05
000588 Chocolate Milk	each	300	87	79	14	15.00	6.32
Weighted Daily Average			503	810	*33	71.71	22.24
% of Calories					*26.2%	57.0%	17.7%
Weekly Nutrient Guideline			550 - 650	1230			

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Waxahachie Independent School District

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**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.*