

Base Menu Spreadsheet

Weighted Values

Sep 20, 2019 thru Sep 20, 2019

Menu Name: HIGH SCHOOL LINE 1 Revolving

Include Cost: No

Site:

Report Style: Detailed

Friday - 09/20/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	113	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	111	14.72	1.40
990140 Taco Meat HS	each	33	59	94	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	154	1.65	4.89
990144 Shred Beef HS	3.28 oz srv.	33	38	14	0.00	6.60
990138 6 Layer Dip	serving	60	117	279	11.13	5.55
000634 Sour Cream	Packet	50	30	8	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	1	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	1	0.53	0.12
000039 Cheese,Cheddar RF	1oz. serving	50	55	85	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	119	0.70	0.00
000128 Jalapeno Peppers	1 oz	60	3	147	2.35	0.00
000064 Fresh Apple	apple	40	29	1	7.62	0.14
001476 Banana	each	25	38	0	9.68	0.46
000526 Pears, fresh	each	15	14	0	3.79	0.09

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000648 Orange	each	20	9	0	2.26	0.18
000588 Chocolate Milk	each	60	66	60	11.40	4.80
000589 White Milk	each	20	20	25	2.40	1.60
Weighted Daily Average			779	1212	85.44	37.17
% of Calories					43.9%	19.1%
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.