

Base Menu Spreadsheet

Portion Values

Feb 4, 2019 thru Feb 8, 2019

Menu Name: HIGH SCHOOL LINE 5 Nacho

Include Cost: No

Site:

Report Style: Detailed

Monday - 02/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000987 Frito Pie	serving	25	404	592	2	33.50	16.80
000541 Chili Cheese Hot Dog	each	25	336	696	5	31.42	18.99
001428 Nachos w/ Shred Beef	each	50	295	612	4	35.75	8.29
000965 Baked Beans	1/2 Cup	30	140	370	12	30.00	6.00
000843 Tator Tots	8 Tots	75	90	170	0	14.00	1.00
000681 Homemade Salsa	1/2 CUP PORTION	50	33	55	*3	6.70	1.30
001283 Shredded Lettuce	1/8 cup	25	2	1	0	0.62	0.31
990055 Jalapenos & Onion	1/4 Cup	25	20	2	*1	4.49	0.57
000064 Fresh Apple	each	25	95	2	19	25.13	0.47
001476 Banana	each	25	151	2	21	38.73	1.85
000650 Cherry Jello w/ Pineapples	1/2 cup	60	45	27	*8	9.18	0.49
001070 Sliced Peaches	1/2 cup	60	106	6	21	27.21	0.00
000589 White Milk	each	30	100	125	12	12.00	8.00

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	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				712	1013	*51	111.03	24.58
% of Calories					*28.7%	62.4%	13.8%	
Weekly Nutrient Guideline			750 - 850	1420				

Tuesday - 02/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)	
000987	Frito Pie	serving	25	404	592	2	33.50	16.80
000541	Chili Cheese Hot Dog	each	25	336	696	5	31.42	18.99
001428	Nachos w/ Shred Beef	each	50	295	612	4	35.75	8.29
000843	Tator Tots	8 Tots	75	90	170	0	14.00	1.00
000681	Homemade Salsa	1/2 CUP PORTION	50	33	55	*3	6.70	1.30
001283	Shredded Lettuce	1/8 cup	25	2	1	0	0.62	0.31
990055	Jalapenos & Onion	1/4 Cup	25	20	2	*1	4.49	0.57
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000588 Chocolate Milk	each	60	110	100	18	19.00	8.00
Weighted Daily Average			670	902	*48	102.03	22.78
% of Calories					*28.7%	60.9%	13.6%
Weekly Nutrient Guideline			750 - 850	1420			

Wednesday - 02/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000987 Frito Pie	serving	25	404	592	2	33.50	16.80
000541 Chili Cheese Hot Dog	each	25	336	696	5	31.42	18.99
001428 Nachos w/ Shred Beef	each	50	295	612	4	35.75	8.29
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Weekly Nutrient Guideline			750 - 850	1420			

Thursday - 02/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000987 Frito Pie	serving	25	404	592	2	33.50	16.80
000541 Chili Cheese Hot Dog	each	25	336	696	5	31.42	18.99
001428 Nachos w/ Shred Beef	each	50	295	612	4	35.75	8.29
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Weighted Daily Average			670	902	*48	102.03	22.78
% of Calories					*28.7%	60.9%	13.6%
Weekly Nutrient Guideline			750 - 850	1420			

Friday - 02/08/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000987 Frito Pie	serving	25	404	592	2	33.50	16.80
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Weekly Nutrient Guideline			750 - 850	1420			

	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages	678	924	*49	103.83	23.14
% of Calories			*28.9%	61.3%	13.7%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	678		750-850	90%	72.00			Correction Required - Calories are Low
Sodium	924 mg		1420.000	65%				
Sugars	*49 g	*28.9%					Missing Data	
Carbohydrate	103.83 g	61.3%						
Protein	23.14 g	13.7%						

- *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.