

Base Menu Spreadsheet

Weighted Values

Mar 1, 2019 thru Mar 29, 2019

Menu Name: Coleman Lunch
Site:

Include Cost: No
Report Style: Detailed

Friday - 03/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001396 Bacon Cheeseburger	each	80	236	685	3	19.27	19.13
000149 Cheeseburger on Bun	each	20	53	130	1	4.85	4.34
001061 Curly Fries	1/2 Cup	90	91	136	0	15.42	0.91
001057 Lettuce & Tomato	1/2 cup	60	6	5	1	1.33	0.40
000770 Strawberry Mango Sidekick	each	80	64	36	*N/A*	16.00	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	60	54	0	11	13.20	0.00
001501 Mustard	Tbsp.	30	0	58	0	0.00	0.00
001504 Ketchup	2 Tbsp	80	24	72	5	6.40	0.00
000588 Chocolate Milk	each	70	77	70	13	13.30	5.60
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			625	1218	*36	92.16	31.98
% of Calories					*23.0%	59.0%	20.5%
Weekly Nutrient Guideline			600 - 700	1360			

Monday - 03/04/2019

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	60	158	521	7	18.46	10.96
990067 Frank's Spicy Sandwich	Sandwich	40	88	419	2	9.10	8.10
990072 Tater Gems	10 Tots	90	155	210	0	17.31	1.82
001477 Baked Beans	1/2 cup	55	77	204	7	16.50	3.30
000566 Peach Cup	Each	68	54	0	11	12.92	0.68
001331 Apple Slices in Bag	2oz bag	46	14	0	3	3.13	*N/A*
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	30	30	38	4	3.60	2.40
Weighted Daily Average			642	1452	43	92.42	*32.07
% of Calories					26.8%	57.6%	*20.0%
Weekly Nutrient Guideline			600 - 700	1360			

Tuesday - 03/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000958 Beef Tacos	2 Tacos	75	351	459	*2	25.20	18.93
000993 Chicken Fajita Taco	2 Tacos	25	99	157	*0	8.25	6.50
000718 Lettuce & Tomato	3/4 cup	65	11	4	1	2.50	0.96
000914 Salsa Cup	each	45	13	92	1	2.64	0.00

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000115 Pineapple Tidbits	1/2 cup	68	51	7	10	12.16	0.68
990037 Blue Raspberry Applesauce	4.5oz cup	60	54	9	11	13.01	*N/A*
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			665	814	*39	77.56	*33.47
% of Calories					*23.5%	46.7%	*20.1%
Weekly Nutrient Guideline			600 - 700	1360			

Wednesday - 03/06/2019

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	90	237	364	1	14.58	14.58
000991 Catfish Strips	servings	10	20	44	0	1.20	1.80
000392 Mashed Potatoes	1/2 cup	90	58	226	*1	12.26	1.44
000498 Country Gravy	1/4 cup	90	6	32	*0	0.72	0.00
000957 Honey Wheat Roll	each	80	112	136	2	20.80	3.20
000426 Steamed Green Beans	1/2 cup	60	18	2	*0	3.06	1.23
001036 Diced Pears	1/2 cup	60	49	9	9	11.58	0.00
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
001502 BBQ Sauce	2 Tbsp	60	26	42	5	6.50	0.00
000588 Chocolate Milk	each	70	77	70	13	13.30	5.60

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000589 White Milk	each	10	10	12	1	1.20	0.80
Weighted Daily Average			631	938	*35	89.28	*28.65
% of Calories					*22.2%	56.6%	*18.2%
Weekly Nutrient Guideline			600 - 700	1360			

Thursday - 03/07/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990081 Cheese Pizza Slice	Slice	60	180	288	5	21.00	9.60
990080 Stuffed Crust Pepperoni Pizza	Slice	40	148	252	4	16.00	6.80
990000 Steamed Corn	1/2 cup	60	40	1	*2	9.54	1.19
000521 Steamed Spinach	1/2 cup	40	24	96	*1	2.40	1.60
000103 Mandarin Oranges	1/2 cup	60	56	6	13	14.06	0.59
990040 Watermelon Applesauce Cup	4.5oz. cup	60	54	0	11	13.20	0.00
001503 Ranch Dressing	2 Tbsp	40	20	120	0	3.20	0.40
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			608	848	*50	93.21	26.58
% of Calories					*32.9%	61.3%	17.5%
Weekly Nutrient Guideline			600 - 700	1360			

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Tuesday - 03/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001029 Corn Dog	1 each	75	180	502	8	24.75	8.25
000987 Frito Pie	serving	25	96	131	0	8.25	4.08
001477 Baked Beans	1/2 cup	60	84	222	7	18.00	3.60
001312 Steamed Carrots	1/2 Cup Serving	40	14	22	*2	3.04	0.00
000115 Pineapple Tidbits	1/2 cup	40	30	4	6	7.16	0.40
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			508	966	*40	79.08	*22.72
% of Calories					*31.5%	62.3%	*17.9%
Weekly Nutrient Guideline			600 - 700	1360			

Wednesday - 03/20/2019

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
000392 Mashed Potatoes	1/2 cup	90	58	226	*1	12.26	1.44
000498 Country Gravy	1/4 cup	90	6	32	*0	0.72	0.00

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000957 Honey Wheat Roll	each	80	112	136	2	20.80	3.20
000426 Steamed Green Beans	1/2 cup	60	18	2	*0	3.06	1.23
000566 Peach Cup	Each	50	40	0	8	9.50	0.50
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
001502 BBQ Sauce	2 Tbsp	60	26	42	5	6.50	0.00
000588 Chocolate Milk	each	70	77	70	13	13.30	5.60
000589 White Milk	each	10	10	12	1	1.20	0.80
Weighted Daily Average			628	926	*34	87.62	*28.97
% of Calories					*21.7%	55.8%	*18.5%
Weekly Nutrient Guideline			600 - 700	1360			

Thursday - 03/21/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990081 Cheese Pizza Slice	Slice	60	180	288	5	21.00	9.60
990080 Stuffed Crust Pepperoni Pizza	Slice	40	148	252	4	16.00	6.80
990000 Steamed Corn	1/2 cup	60	40	1	*2	9.54	1.19
001505 Garden Salad	each	40	5	5	*0	1.04	0.36
000773 Strawberry Cup	each	50	22	0	4	5.50	0.50
990037 Blue Raspberry Applesauce	4.5oz cup	60	54	9	11	13.01	*N/A*
001503 Ranch Dressing	2 Tbsp	40	20	120	0	3.20	0.40

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000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			556	760	*39	83.09	*25.26
% of Calories					*28.1%	59.8%	*18.2%
Weekly Nutrient Guideline			600 - 700	1360			

Friday - 03/22/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001463 Catfish Strips	servings	40	136	250	1	15.60	9.20
000149 Cheeseburger on Bun	each	60	158	389	3	14.54	13.03
990072 Tater Gems	10 Tots	89	153	207	0	17.12	1.80
001057 Lettuce & Tomato	1/2 cup	60	6	5	1	1.33	0.40
000770 Strawberry Mango Sidekick	each	55	44	25	*N/A*	11.00	0.00
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
001504 Ketchup	2 Tbsp	60	18	54	4	4.80	0.00
001501 Mustard	Tbsp.	20	0	39	0	0.00	0.00
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			620	1054	*25	82.27	*30.83
% of Calories					*16.1%	53.1%	*19.9%
Weekly Nutrient Guideline			600 - 700	1360			

Monday - 03/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001255 Chili Con Carne Enchiladas	2 enchiladas	60	281	361	*0	19.10	15.34
001345 Queso Enchiladas	2 enchiladas	40	142	302	1	14.71	5.71
000007 Ranchero Beans	1/2 cup	55	64	150	1	11.69	3.24
000914 Salsa Cup	each	60	18	123	2	3.52	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	60	54	0	11	13.20	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	70	31	19	*6	6.43	0.34
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	30	30	38	4	3.60	2.40
Weighted Daily Average			686	1053	*35	83.64	31.83
% of Calories					*20.4%	48.8%	18.6%
Weekly Nutrient Guideline			600 - 700	1360			

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Tuesday - 03/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
000452 Spaghetti w/ Meat Sauce+Toast	servings	60	242	393	*3	26.70	14.67
990071 Mozzarella MaxStix	2 Stix	40	144	398	3	16.03	6.69
001505 Garden Salad	each	60	8	8	*0	1.56	0.54
001074 California Vegetables	1/2 cup	40	12	14	*0	2.01	0.81
000103 Mandarin Oranges	1/2 cup	60	56	6	13	14.06	0.59
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
001503 Ranch Dressing	2 Tbsp	60	30	180	1	4.80	0.60
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	30	30	38	4	3.60	2.40
Weighted Daily Average			606	1096	*38	84.24	*31.10
% of Calories					*25.1%	55.6%	*20.5%
Weekly Nutrient Guideline			600 - 700	1360			

Wednesday - 03/27/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001408 Chicken Strip Basket	Basket	60	265	445	1	33.66	14.64
001481 Steak Finger Basket	Basket	40	201	213	1	24.45	8.04

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000581 Carrot / Cucumbers	1/2 Cup	40	7	11	1	1.70	0.19
001036 Diced Pears	1/2 cup	40	33	6	6	7.72	0.00
990037 Blue Raspberry Applesauce	4.5oz cup	60	54	9	11	13.01	*N/A*
001504 Ketchup	2 Tbsp	60	18	54	4	4.80	0.00
001502 BBQ Sauce	2 Tbsp	26	11	18	2	2.82	0.00
001503 Ranch Dressing	2 Tbsp	40	20	120	0	3.20	0.40
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	30	30	38	4	3.60	2.40
Weighted Daily Average			706	974	41	106.36	*30.47
% of Calories					23.2%	60.3%	*17.3%
Weekly Nutrient Guideline			600 - 700	1360			

Thursday - 03/28/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	60	180	336	2	19.80	10.80
990066 French Bread Cheese Pizza	Slice	40	128	232	1	12.00	7.20
990000 Steamed Corn	1/2 cup	60	40	1	*2	9.54	1.19
990050 Marinara Dipping Sauce	1/2 cup	40	16	80	2	2.80	0.40
000566 Peach Cup	Each	60	48	0	10	11.40	0.60
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*

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000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			516	734	*34	73.42	*26.59
% of Calories					*26.4%	56.9%	*20.6%
Weekly Nutrient Guideline			600 - 700	1360			

Friday - 03/29/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Sugars (g)	Carb (g)	Protn (g)
001396 Bacon Cheeseburger	each	80	236	685	3	19.27	19.13
001463 Catfish Strips	servings	20	68	125	1	7.80	4.60
001061 Curly Fries	1/2 Cup	90	91	136	0	15.42	0.91
001057 Lettuce & Tomato	1/2 cup	60	6	5	1	1.33	0.40
000770 Strawberry Mango Sidekick	each	80	64	36	*N/A*	16.00	0.00
990040 Watermelon Applesauce Cup	4.5oz. cup	60	54	0	11	13.20	0.00
001501 Mustard	Tbsp.	30	0	58	0	0.00	0.00
001504 Ketchup	2 Tbsp	80	24	72	5	6.40	0.00
000588 Chocolate Milk	each	70	77	70	13	13.30	5.60

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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)
000589 White Milk	each	20	20	25	2	2.40	1.60
Weighted Daily Average			640	1213	*36	95.12	32.24
% of Calories					*22.5%	59.4%	20.2%
Weekly Nutrient Guideline			600 - 700	1360			

**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.