

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

Menu Name: Coleman 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)
001479 Soft Chicken Taco	1 Taco	50	65	0	6.93	4.67
000465 Beef Tacos	2 each	50	166	0	11.63	8.43
001098 Refried Beans w/cheese	1/2 cup	65	110	1	15.17	6.75
990005 Lettuce & Tomato shredded	1/2 cup	70	11	2	2.50	0.80
000039 Cheese,Cheddar RF	1oz. serving	75	82	0	0.75	5.25
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	15	17.60	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	20	20	2	2.40	1.60
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			674	45	84.48	34.24
% of Calories				26.7%	50.1%	20.3%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 09/04/2019

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	100	265	1	16.53	15.12
000392 Mashed Potatoes	1/2 cup	95	61	1	12.94	1.52
990095 Green Beans Canned	1/2 cup	60	12	1	1.80	0.60
001036 Diced Pears	1/2 cup	85	72	13	17.00	0.00
001043 Diced Peaches	1/2 cup	60	39	8	8.99	0.00
000957 Honey Wheat Roll	roll	80	112	2	20.80	3.20
001279 Ketchup Cup	cup	60	18	3	4.20	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			687	45	99.51	28.44
% of Calories				26.2%	57.9%	16.6%
Weekly Nutrient Guideline			600 - 700			

Thursday - 09/05/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	60	180	2	19.80	10.80
990081 Cheese Pizza Slice	Slice	40	120	3	14.00	6.40
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30

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990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
001301 Plum, Fresh	each	75	22	5	6.00	0.38
990176 Watermelon Craisins	packet	60	66	14	16.80	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			601	44	89.23	28.71
% of Calories				29.3%	59.4%	19.1%
Weekly Nutrient Guideline			600 - 700			

Friday - 09/06/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	40	156	2	12.02	11.02
001517 Chicken & Waffle	serving	60	241	15	33.59	12.23
990159 Crinkle Cut Fries	serv.(2.06oz)	90	81	0	12.64	0.90
001057 Lettuce & Tomato	1/2 cup	65	7	1	1.44	0.43
990160 Mandarin Oranges	1/2 cup	75	68	13	15.25	0.81
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
000821 Ketchup Packets	2 PC	75	15	3	3.00	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
000589 White Milk	each	25	25	3	3.00	2.00

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000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			696	54	99.68	33.59
% of Calories				31.0%	57.3%	19.3%
Weekly Nutrient Guideline			600 - 700			

Monday - 09/09/2019

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
000897 Heartzels Pretzels	bag	75	60	0	12.00	1.50
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
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			856	52	134.29	34.46
% of Calories				24.3%	62.8%	16.1%
Weekly Nutrient Guideline			600 - 700			

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Weighted Values

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Tuesday - 09/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990093 Spaghetti w/ Meat Sauce	servings	50	159	3	14.75	10.69
990115 Chicken Alfredo	serving	50	160	0	21.92	11.29
001363 Garlic Toast	Serving	80	80	1	11.20	2.40
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
000650 Cherry Jello w/ Pineapples	1/2 cup	70	66	11	13.26	1.06
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	15	17.60	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			684	49	102.96	34.86
% of Calories				28.7%	60.2%	20.4%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 09/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990133 Chicken Nugget	5 nuggets	100	200	0	16.00	17.00
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
001043 Diced Peaches	1/2 cup	60	39	8	8.99	0.00
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			601	43	94.66	29.78
% of Calories				28.6%	63.0%	19.8%
Weekly Nutrient Guideline			600 - 700			

Thursday - 09/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990167 Domino's Cheese Pizza	slice	100	300	3	35.00	21.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
001301 Plum, Fresh	each	70	21	5	5.60	0.35
990176 Watermelon Craisins	packet	60	66	14	16.80	0.00
000589 White Milk	each	25	25	3	3.00	2.00
000588 Chocolate Milk	each	75	82	14	14.25	6.00

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Weighted Daily Average			599	41	90.03	32.48
% of Calories				27.4%	60.1%	21.7%
Weekly Nutrient Guideline			600 - 700			

Friday - 09/13/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990156 Bacon Cheeseburger	burger	40	166	2	12.15	11.48
000143 Spicy Chicken Sandwich	sandwich	60	212	2	25.02	13.01
000843 Tator Tots	8 Tots	90	81	0	12.60	0.90
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	80	73	14	16.26	0.86
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
000821 Ketchup Packets	2 PC	80	16	3	3.20	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			682	42	92.31	34.86
% of Calories				24.6%	54.1%	20.4%
Weekly Nutrient Guideline			600 - 700			

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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)
000104 Meatball Sub	sub	60	270	5	24.27	19.55
990164 Chicken Ranch Sub	Serving	40	137	2	12.12	7.16
000461 Baby Carrots w/ Ranch	1/2 cup	65	66	3	5.45	0.61
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
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	20	20	2	2.40	1.60
000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			712	53	92.31	35.96
% of Calories				29.8%	51.9%	20.2%
Weekly Nutrient Guideline			600 - 700			

Tuesday - 09/17/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	100	386	0	32.09	16.97
000521 Steamed Spinach	1/2 cup	60	30	0	4.81	2.40
001098 Refried Beans w/cheese	1/2 cup	80	135	1	18.67	8.31

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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	75	0	0	0.00	0.00
000589 White Milk	each	30	30	4	3.60	2.40
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			794	44	103.47	36.02
% of Calories				22.2%	52.1%	18.1%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 09/18/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving(4.3oz)	100	223	0	13.00	15.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	61	1	12.62	1.44
990095 Green Beans Canned	1/2 cup	70	14	1	2.10	0.70
001036 Diced Pears	1/2 cup	70	60	11	14.00	0.00
001043 Diced Peaches	1/2 cup	60	39	8	8.99	0.00
000957 Honey Wheat Roll	roll	90	126	2	23.40	3.60
001279 Ketchup Cup	cup	30	9	2	2.10	0.00
000637 BBQ Sauce Cup	1 OZ	40	12	1	3.20	0.00
000589 White Milk	each	25	25	3	3.00	2.00

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000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			651	41	96.66	28.74
% of Calories				25.2%	59.4%	17.7%
Weekly Nutrient Guideline			600 - 700			

Thursday - 09/19/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990065 French Bread Pepperoni Pizza	Slice	60	180	2	19.80	10.80
990081 Cheese Pizza Slice	Slice	40	120	3	14.00	6.40
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
001301 Plum, Fresh	each	75	22	5	6.00	0.38
990176 Watermelon Craisins	packet	60	66	14	16.80	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			601	44	89.23	28.71
% of Calories				29.3%	59.4%	19.1%
Weekly Nutrient Guideline			600 - 700			

Friday - 09/20/2019

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	60	234	3	18.03	16.53
000541 Chili Cheese Hot Dog	each	40	153	3	15.21	8.43
990159 Crinkle Cut Fries	serv.(2.06oz)	85	77	0	11.94	0.85
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	75	68	13	15.25	0.81
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
000821 Ketchup Packets	2 PC	80	16	3	3.20	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
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			683	43	86.70	35.22
% of Calories				25.2%	50.8%	20.6%
Weekly Nutrient Guideline			600 - 700			

Monday - 09/23/2019

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

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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
001363 Garlic Toast	Serving	75	75	1	10.50	2.25
000115 Pineapple Tidbits	1/2 cup	65	51	10	12.22	0.68
000904 Strawberry Craisins	1 bag	60	66	14	16.80	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			647	51	75.03	27.17
% of Calories				31.5%	46.4%	16.8%
Weekly Nutrient Guideline			600 - 700			

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
990162 Beef Quesadilla	quesadilla	50	152	0	7.00	14.50
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

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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			719	46	94.26	40.85
% of Calories				25.6%	52.4%	22.7%
Weekly Nutrient Guideline			600 - 700			

Wednesday - 09/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990133 Chicken Nugget	5 nuggets	100	200	0	16.00	17.00
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
001043 Diced Peaches	1/2 cup	60	39	8	8.99	0.00
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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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			601	43	94.66	29.78
% of Calories				28.6%	63.0%	19.8%
Weekly Nutrient Guideline			600 - 700			

Thursday - 09/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990166 Domino's Beef Pizza	slice	100	350	3	35.00	24.00
001202 Garden Salad w/Ranch	each	70	62	1	3.14	1.30
990000 Steamed Corn	1/2 cup	69	43	1	12.24	1.84
001301 Plum, Fresh	each	70	21	5	5.60	0.35
990176 Watermelon Craisins	packet	60	66	14	16.80	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			649	41	90.03	35.48
% of Calories				25.3%	55.5%	21.9%
Weekly Nutrient Guideline			600 - 700			

Friday - 09/27/2019

Reimbursable Meal Total 100

Base Menu Spreadsheet

Weighted Values

Sep 3, 2019 thru Sep 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990168 Cheese Burger	burger	70	273	3	21.03	19.29
001029 Corn Dog	1 each	30	72	3	9.90	3.30
000843 Tator Tots	8 Tots	95	85	0	13.30	0.95
001057 Lettuce & Tomato	1/2 cup	60	6	1	1.33	0.40
990160 Mandarin Oranges	1/2 cup	80	73	14	16.26	0.86
001331 Apple Slices in Bag	2 oz bag	60	18	4	4.20	0.00
000821 Ketchup Packets	2 PC	60	12	2	2.40	0.00
000321 Mustard Packet	1 pc	40	2	0	0.30	0.20
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			650	44	85.97	33.00
% of Calories				27.1%	52.9%	20.3%
Weekly Nutrient Guideline			600 - 700			

Monday - 09/30/2019

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

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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			600 - 700			

**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.