

# Base Menu Spreadsheet

## Weighted Values

Mar 4, 2019 thru Mar 5, 2019

**Menu Name:** HIGH SCHOOL LINE 6 Burger

**Include Cost:** No

**Site:**

**Report Style:** Detailed

**Monday - 03/04/2019**

**Reimbursable Meal Total 100**

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Sugars (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------|----------|-----------|
| 990032 Double Cheeseburger w/ Fries | each         | 25        | 136                      | 356                    | 1          | 12.64    | 9.86      |
| 990053 Bacon Cheeseburger w/Fries   | each         | 25        | 108                      | 261                    | 1          | 11.90    | 6.29      |
| 990054 Spicy Chicken w/ Fries       | each         | 50        | 195                      | 306                    | 2          | 19.46    | 10.13     |
| 000965 Baked Beans                  | 1/2 Cup      | 20        | 28                       | 74                     | 2          | 6.00     | 1.20      |
| 000947 Baby Carrots                 | 1/2 cup      | 11        | 3                        | 6                      | 0          | 0.64     | 0.05      |
| 001472 Leaf Lettuce                 | Serving      | 40        | 1                        | 3                      | 0          | 0.26     | 0.12      |
| 000678 Tomatoes                     | slices       | 40        | 1                        | 0                      | 0          | 0.31     | 0.07      |
| 000130 Sliced Onion                 | 1/8 Cup      | 20        | 3                        | 0                      | 0          | 0.67     | 0.08      |
| 001177 Pickle Spear                 | 1 spears     | 75        | 2                        | 159                    | 0          | 0.45     | 0.08      |
| 001476 Banana                       | each         | 20        | 30                       | 0                      | 4          | 7.75     | 0.37      |
| 000064 Fresh Apple                  | each         | 46        | 44                       | 1                      | 9          | 11.56    | 0.22      |
| 000650 Cherry Jello w/ Pineapples   | 1/2 cup      | 60        | 27                       | 16                     | *5         | 5.51     | 0.29      |
| 001043 Peaches, Diced Ex Lt Syrup   | 1/2cup       | 40        | 26                       | 2                      | 5          | 6.00     | 0.00      |
| 001504 Ketchup                      | 2 Tbsp       | 50        | 15                       | 45                     | 3          | 4.00     | 0.00      |
| 001501 Mustard                      | Tbsp.        | 20        | 0                        | 39                     | 0          | 0.00     | 0.00      |

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Mar 4, 2019 thru Mar 5, 2019

|                           |      |    |           |      |        |        |       |
|---------------------------|------|----|-----------|------|--------|--------|-------|
| 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    |      |    | 705       | 1354 | *48    | 100.94 | 35.17 |
| % of Calories             |      |    |           |      | *27.2% | 57.3%  | 20.0% |
| Weekly Nutrient Guideline |      |    | 750 - 850 | 1420 |        |        |       |

Tuesday - 03/05/2019

Reimbursable Meal Total 100

|                                     | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Sugars (g) | Carb (g) | Protn (g) |
|-------------------------------------|--------------|-----------|--------------------------|------------------------|------------|----------|-----------|
| 990032 Double Cheeseburger w/ Fries | each         | 25        | 136                      | 356                    | 1          | 12.64    | 9.86      |
| 990053 Bacon Cheeseburger w/Fries   | each         | 25        | 108                      | 261                    | 1          | 11.90    | 6.29      |
| 990054 Spicy Chicken w/ Fries       | each         | 50        | 195                      | 306                    | 2          | 19.46    | 10.13     |
| 001472 Leaf Lettuce                 | Serving      | 40        | 1                        | 3                      | 0          | 0.26     | 0.12      |
| 000678 Tomatoes                     | slices       | 40        | 1                        | 0                      | 0          | 0.31     | 0.07      |
| 000130 Sliced Onion                 | 1/8 Cup      | 20        | 3                        | 0                      | 0          | 0.67     | 0.08      |
| 001177 Pickle Spear                 | 1 spears     | 75        | 2                        | 159                    | 0          | 0.45     | 0.08      |
| 001476 Banana                       | each         | 20        | 30                       | 0                      | 4          | 7.75     | 0.37      |
| 000064 Fresh Apple                  | each         | 46        | 44                       | 1                      | 9          | 11.56    | 0.22      |
| 000650 Cherry Jello w/ Pineapples   | 1/2 cup      | 60        | 27                       | 16                     | *5         | 5.51     | 0.29      |
| 001043 Peaches, Diced Ex Lt Syrup   | 1/2cup       | 40        | 26                       | 2                      | 5          | 6.00     | 0.00      |
| 001504 Ketchup                      | 2 Tbsp       | 50        | 15                       | 45                     | 3          | 4.00     | 0.00      |

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|                           |       |    |           |      |        |       |       |
|---------------------------|-------|----|-----------|------|--------|-------|-------|
| 001501 Mustard            | Tbsp. | 20 | 0         | 39   | 0      | 0.00  | 0.00  |
| 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    |       |    | 675       | 1274 | *45    | 94.30 | 33.92 |
| % of Calories             |       |    |           |      | *26.7% | 55.9% | 20.1% |
| 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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.