

Base Menu Spreadsheet

Weighted Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: HIGH SCHOOL LINE 1 & 6 Nacho

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	60	107	0	1.56	8.50
990143 Shred Chicken HS	2.2oz srv.	40	47	0	2.00	5.93
990138 6 Layer Dip	serving	70	137	3	12.99	6.48
000634 Sour Cream	Packet	40	24	0	0.40	0.40
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	40	44	0	0.40	2.80
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	60	72	5	13.20	1.80
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00
000064 Fresh Apple	apple	40	29	6	7.62	0.14
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	20	19	3	5.06	0.12

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000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			839	34	92.93	36.93
% of Calories				16.2%	44.3%	17.6%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/03/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990215 Cheesy BBQ Tots	serving	25	73	2	7.29	4.12
990216 Cheesy Tots	serving	75	166	3	19.91	4.78
001477 Baked Beans	1/2 cup	80	112	10	24.00	4.00
000634 Sour Cream	Packet	75	45	1	0.75	0.75
000953 Bread stick	each	85	119	2	22.95	4.25
000064 Fresh Apple	apple	40	29	6	7.62	0.14
000648 Orange	each	40	18	4	4.51	0.36
000526 Pears, fresh	each	20	19	3	5.06	0.12
000589 White Milk	each	30	30	4	3.60	2.40

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Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	66	11	11.40	4.80
Weighted Daily Average			677	43	107.09	25.72
% of Calories				25.4%	63.3%	15.2%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/04/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	40	115	0	11.88	1.92
990136 Cheesy Nachos w/ Choice of Meat	each	60	124	0	17.66	1.68
990140 Taco Meat HS	each	50	89	0	1.30	7.08
990143 Shred Chicken HS	2.2oz srv.	50	59	0	2.50	7.41
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	25	15	0	0.25	0.25
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	60	66	0	0.60	4.20
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	60	72	5	13.20	1.80
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00

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000064 Fresh Apple	apple	20	14	3	3.81	0.07
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			799	29	86.26	37.01
% of Calories				14.5%	43.2%	18.5%
Weekly Nutrient Guideline		750 - 850				

Thursday - 03/05/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000541 Chili Cheese Hot Dog	each	60	246	3	19.70	14.33
990042 Sloppy Joe	Sandwich	40	121	5	15.21	8.01
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
000064 Fresh Apple	apple	40	29	6	7.62	0.14
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	40	38	6	10.11	0.24
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			634	43	80.17	31.92
% of Calories				27.1%	50.6%	20.1%
Weekly Nutrient Guideline			750 - 850			

Monday - 03/16/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990232 Enchilada w/ chips & cheese	serving	100	382	4	40.68	13.78
001098 Refried Beans w/cheese	1/2 cup	75	127	1	17.51	7.79
990240 Salsa Cup	each	60	15	2	3.00	0.60
000064 Fresh Apple	apple	40	29	6	7.62	0.14
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	20	19	3	5.06	0.12
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			688	34	93.37	30.61
% of Calories				19.8%	54.3%	17.8%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/17/2020

Reimbursable Meal Total 100

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	33	59	0	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	0	1.65	4.89
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	50	30	0	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	50	55	0	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	40	48	3	8.80	1.20
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00
000064 Fresh Apple	apple	20	14	3	3.81	0.07
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			737	28	80.74	31.24
% of Calories				15.2%	43.8%	17.0%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/18/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001421 Sriracha Chicken w/ white rice	Bowl	75	260	8	40.29	11.41
990034 Beef and Broccoli w/ White Rice	Serving	25	76	1	9.86	6.04
000561 Egg Roll	each	75	117	6	19.59	3.00
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000064 Fresh Apple	apple	60	43	9	11.43	0.22
000648 Orange	each	60	27	5	6.77	0.54
000526 Pears, fresh	each	40	38	6	10.11	0.24
000589 White Milk	each	20	20	2	2.40	1.60

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	70	77	13	13.30	5.60
Weighted Daily Average			674	53	117.63	29.29
% of Calories				31.5%	69.8%	17.4%
Weekly Nutrient Guideline			750 - 850			

Thursday - 03/19/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	33	59	0	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	0	1.65	4.89
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	50	30	0	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	50	55	0	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	40	48	3	8.80	1.20
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00

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000064 Fresh Apple	apple	20	14	3	3.81	0.07
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			737	28	80.74	31.24
% of Calories				15.2%	43.8%	17.0%
Weekly Nutrient Guideline		750 - 850				

Friday - 03/20/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001517 Chicken & Waffle	serving	65	292	17	39.56	11.03
990238 Buffalo Chicken Sandwich	each	35	91	1	10.50	7.70
000461 Baby Carrots w/ Ranch	1/2 cup	85	86	4	7.13	0.80
000683 Cucumber Slices	1/2 cup	75	8	1	2.01	0.36
000064 Fresh Apple	apple	60	43	9	11.43	0.22
000648 Orange	each	60	27	5	6.77	0.54
000526 Pears, fresh	each	20	19	3	5.06	0.12
000589 White Milk	each	20	20	2	2.40	1.60

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000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			669	56	99.11	28.37
% of Calories				33.5%	59.3%	17.0%
Weekly Nutrient Guideline			750 - 850			

Monday - 03/23/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	33	59	0	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	0	1.65	4.89
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	50	30	0	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	50	55	0	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	40	48	3	8.80	1.20
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00
000064 Fresh Apple	apple	20	14	3	3.81	0.07

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Mar 2, 2020 thru Mar 31, 2020

000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			737	28	80.74	31.24
% of Calories				15.2%	43.8%	17.0%
Weekly Nutrient Guideline			750 - 850			

Tuesday - 03/24/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001384 Lasagna Roll	serving	50	185	4	16.86	11.14
990245 Mozzarella Max Stix w/ Marinara Sauce	2 Stix	50	170	2	18.36	7.64
001363 Garlic Toast	Serving	80	80	1	11.20	2.40
000945 Steamed Broccoli	1/2 cup	70	25	0	3.40	0.85
001312 Steamed Carrots	1/2 Cup Serving	60	16	2	3.88	0.65
000650 Cherry Jello w/ Pineapples	1/2 cup	60	69	13	13.74	1.04
990037 Blue Raspberry Applesauce	4.5oz cup	60	54	11	13.20	0.00
000589 White Milk	each	20	20	2	2.40	1.60

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Mar 2, 2020 thru Mar 31, 2020

	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			703	48	97.29	31.32
% of Calories				27.3%	55.4%	17.8%
Weekly Nutrient Guideline			750 - 850			

Wednesday - 03/25/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	33	59	0	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	0	1.65	4.89
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	50	30	0	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	50	55	0	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	40	48	3	8.80	1.20
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00

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Weighted Values

Mar 2, 2020 thru Mar 31, 2020

000064 Fresh Apple	apple	20	14	3	3.81	0.07
000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			737	28	80.74	31.24
% of Calories				15.2%	43.8%	17.0%
Weekly Nutrient Guideline		750 - 850				

Thursday - 03/26/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
001479 Soft Chicken Tacos	2 Taco	50	139	1	15.62	9.33
000465 Beef Tacos	2 each	50	148	1	15.00	12.16
001098 Refried Beans w/cheese	1/2 cup	65	110	1	15.17	6.75
990240 Salsa Cup	each	70	18	2	3.50	0.70
000039 Shredded Cheese	1oz. serving	60	66	0	0.60	4.20
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	15	17.60	0.00
000650 Cherry Jello w/ Pineapples	1/2 cup	70	81	15	16.03	1.22
000589 White Milk	each	25	25	3	3.00	2.00

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Weighted Values

Mar 2, 2020 thru Mar 31, 2020

000588 Chocolate Milk	each	75	82	14	14.25	6.00
Weighted Daily Average			740	51	100.77	42.36
% of Calories				27.6%	54.5%	22.9%
Weekly Nutrient Guideline			750 - 850			

Friday - 03/27/2020

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
990145 Taco Salad w/ choice of Meat	Taco Salad	50	144	0	14.85	2.41
990136 Cheesy Nachos w/ Choice of Meat	each	50	103	0	14.72	1.40
990140 Taco Meat HS	each	33	59	0	0.86	4.67
990143 Shred Chicken HS	2.2oz srv.	33	39	0	1.65	4.89
990138 6 Layer Dip	serving	60	117	2	11.13	5.55
000634 Sour Cream	Packet	50	30	0	0.50	0.50
001283 Shredded Lettuce	1/4 cup	40	2	0	0.50	0.25
001284 Diced Tomatoes	1/4 cup	30	2	0	0.53	0.12
000039 Shredded Cheese	1oz. serving	50	55	0	0.50	3.50
990139 Salsa Ranchera	1/4 cup	70	11	1	0.70	0.00
990146 Roasted Corn	1/2 Cup	40	48	3	8.80	1.20
000128 Jalapeno Peppers	1 oz	60	3	0	2.35	0.00
000064 Fresh Apple	apple	20	14	3	3.81	0.07

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000648 Orange	each	20	9	2	2.26	0.18
000526 Pears, fresh	each	15	14	2	3.79	0.09
000588 Chocolate Milk	each	60	66	11	11.40	4.80
000589 White Milk	each	20	20	2	2.40	1.60
Weighted Daily Average			737	28	80.74	31.24
% of Calories				15.2%	43.8%	17.0%
Weekly Nutrient Guideline			750 - 850			

			Cals ¹ (kcal)	Sugars (g)	Carb (g)	Protn (g)
Weighted Averages			722	38	91.31	32.12
% of Calories				21.1%	50.6%	17.8%

- *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.