

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 2, 2019

Menu Name: HIGH SCHOOL LINE 1 Potato

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990033 Sidewinders with Chicken	Bowl	25	49	137	0	2.96	3.82
990079 Fiestada	Pizzas	25	60	119	1	7.18	2.84
001244 Baked Potato	each	100	166	13	2	37.78	4.43
990057 Diced Beef	3.28 oz	40	39	43	2	2.00	5.42
001191 Chili	5 oz.	20	24	35	0	1.22	1.99
000634 Sour Cream	Packet	70	28	7	0	0.47	0.47
001245 Butter	2 PC	100	60	100	0	0.00	0.00
990068 Cheese Mixture	1 oz	100	75	118	*0	0.67	4.67
990056 Chives	P.C.	30	0	0	*N/A*	0.03	0.01
000965 Baked Beans	1/2 Cup	20	19	49	2	4.00	0.80
001505 Garden Salad	each	45	4	4	*0	0.78	0.27
000581 Carrot / Cucumbers	1/2 Cup	55	7	10	1	1.56	0.17
000953 Bread stick WG 7" 2oz.	each	49	46	62	1	8.82	1.63
001503 Ranch Dressing	2 Tbsp	80	27	160	1	4.27	0.53
000064 Fresh Apple	each	20	13	0	3	3.35	0.06

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001476 Banana	each	30	30	0	4	7.75	0.37
000650 Cherry Jello w/ Pineapples	1/2 cup	75	22	13	*4	4.59	0.24
001043 Peaches, Diced Ex Lt Syrup	1/2cup	60	26	2	5	6.00	0.00
000589 White Milk	each	30	20	25	2	2.40	1.60
000588 Chocolate Milk	each	60	44	40	7	7.60	3.20
Weighted Daily Average			759	939	*34	103.42	32.53
% of Calories					*17.9%	54.5%	17.1%
Weekly Nutrient Guideline			750 - 850	1420			

**Tuesday - 04/02/2019**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
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000064 Fresh Apple	each	20	13	0	3	3.35	0.06
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000589 White Milk	each	30	20	25	2	2.40	1.60
000588 Chocolate Milk	each	60	44	40	7	7.60	3.20
Weighted Daily Average			740	890	*33	99.42	31.73
% of Calories					*17.8%	53.7%	17.2%
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.