

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: CLIFT LUNCH

Include Cost: No

Site:

Report Style: Detailed

### Monday - 04/01/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990096 Chicken Tenders	Serving	100	193	364	0	10.58	17.54
990000 Steamed Corn	1/2 cup	70	47	1	*2	11.13	1.39
000945 Steamed Broccoli	1/2 cup	65	17	15	*N/A*	3.29	1.90
000115 Pineapple Tidbits	1/2 cup	60	45	6	9	10.73	0.60
000637 BBQ Sauce Cup	1 OZ	60	18	57	2	4.80	0.00
000589 White Milk	each	40	40	50	5	4.80	3.20
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
Weighted Daily Average			425	553	*28	56.74	29.43
% of Calories					*26.4%	53.4%	27.7%
Weekly Nutrient Guideline			550 - 650	1230			

### Tuesday - 04/02/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990094 Spaghetti w/Max Stick	servings	100	316	471	*6	29.75	21.57
001202 Garden Salad	each	70	72	142	*1	2.52	1.34

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

w/Ranch							
001496 Baked Cauliflower	3.56oz serving	60	15	9	*1	1.80	0.60
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
<b>Weighted Daily Average</b>			<b>530</b>	<b>728</b>	<b>*28</b>	<b>55.75</b>	<b>*31.51</b>
% of Calories					*21.1%	42.1%	*23.8%
Weekly Nutrient Guideline			550 - 650	1230			

### Wednesday - 04/03/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001482 Steak Fingers w/ gravy	4 Each	100	268	206	*1	16.93	14.11
000392 Mashed Potatoes	1/2 cup	95	61	239	*1	12.94	1.52
001477 Baked Beans	1/2 cup	60	84	222	7	18.00	3.60
001036 Diced Pears	1/2 cup	65	53	9	10	12.54	0.00
000839 Roll	each	80	137	218	4	24.58	5.46
001279 Ketchup Cup	cup	60	18	45	3	4.20	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			729	1046	*42	106.44	32.70
% of Calories					*23.0%	58.4%	17.9%
Weekly Nutrient Guideline			550 - 650	1230			

### Thursday - 04/04/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	35	105	231	5	12.25	5.60
001039 Cheese Pizza	slice	65	195	377	9	22.75	10.40
990050 Marinara Dipping Sauce	1/2 cup	75	30	150	3	5.25	0.75
990000 Steamed Corn	1/2 cup	65	43	1	*2	10.33	1.29
990040 Watermelon Applesauce Cup	4.5oz. cup	1	1	0	0	0.22	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			482	865	*35	68.05	26.04
% of Calories					*29.0%	56.5%	21.6%
Weekly Nutrient Guideline			550 - 650	1230			

### Friday - 04/05/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	30	79	194	1	7.27	6.51
000309 FISH NUGGETS	4 EACH	70	154	168	1	14.00	9.80
001057 Lettuce & Tomato	1/2 cup	60	6	5	1	1.33	0.40
000843 Tator Tots	8 Tots	90	81	153	0	12.60	0.90
990013 Italian Ice Emoji	4.4oz	1	1	0	0	0.25	0.00
000321 Mustard Packet	1 pc	40	2	34	0	0.30	0.20
000821 Ketchup Packets	2 PC	80	16	40	3	3.20	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			447	701	23	56.20	25.81
% of Calories					20.6%	50.3%	23.1%
Weekly Nutrient Guideline			550 - 650	1230			

**Monday - 04/08/2019**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990042 Sloppy Joe	Sandwich	65	171	565	8	20.00	11.88
001369 Turkey Sub	Serving	35	65	176	1	9.46	4.93
001514 Cucumber and Baby Carrots	1/2 cup	75	78	159	*2	3.49	1.05

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

990087 Shoe String Fries	1/2 cup= 3oz	90	124	305	0	21.46	1.13
000115 Pineapple Tidbits	1/2 cup	65	48	6	9	11.63	0.65
000821 Ketchup Packets	2 PC	80	16	40	3	3.20	0.00
000321 Mustard Packet	1 pc	30	2	26	0	0.22	0.15
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			612	1383	*39	86.71	27.78
% of Calories					*25.5%	56.7%	18.2%
Weekly Nutrient Guideline			550 - 650	1230			

Tuesday - 04/09/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001265 Cheesy Enchiladas	enchiladas 2	50	176	325	1	17.69	7.02
001367 Chicken and Cheese Quesadilla	quesadillas	50	150	279	1	15.48	9.48
001098 Refried Beans w/cheese	1/2 cup	75	110	148	1	15.25	7.00
000914 Salsa Cup	each	60	18	123	2	3.52	0.00
001331 Apple Slices in Bag	2oz bag	1	0	0	0	0.07	*N/A*
000589 White Milk	each	40	40	50	5	4.80	3.20

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
Weighted Daily Average			560	985	20	68.21	*31.50
% of Calories					14.3%	48.7%	*22.5%
Weekly Nutrient Guideline			550 - 650	1230			

### Wednesday - 04/10/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	100	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	80	56	229	*1	11.54	1.28
990095 Green Beans Canned	1/2 cup	70	14	98	1	2.10	0.70
001036 Diced Pears	1/2 cup	80	66	12	12	15.44	0.00
000839 Roll	each	70	119	191	4	21.50	4.78
001279 Ketchup Cup	cup	70	21	52	4	4.90	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			647	1093	*38	88.93	30.96
% of Calories					*23.5%	55.0%	19.1%
Weekly Nutrient Guideline			550 - 650	1230			

# Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

## Thursday - 04/11/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001247 Dominos Cheese Pizza	Slice	100	260	540	3	29.00	20.00
001202 Garden Salad w/Ranch	each	60	62	122	*1	2.16	1.14
000400 Carrot/Celery Sticks w/Ranch	1/2 cup	70	124	134	*1	4.13	0.89
990037 Blue Raspberry Applesauce	4.5oz cup	75	68	11	14	16.27	*N/A*
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			621	914	*36	68.81	*30.04
% of Calories					*23.2%	44.3%	*19.3%
Weekly Nutrient Guideline			550 - 650	1230			

## Friday - 04/12/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000149 Cheeseburger on Bun	each	70	185	454	3	16.96	15.20
000309 FISH NUGGETS	4 EACH	30	66	72	0	6.00	4.20
001524 Emoji Fries	4 Emoji	95	114	76	0	17.10	1.90
001057 Lettuce & Tomato	1/2 cup	60	6	5	1	1.33	0.40
990013 Italian Ice Emoji	4.4oz	75	74	11	19	18.75	0.00

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

000821 Ketchup Packets	2 PC	80	16	40	3	3.20	0.00
000321 Mustard Packet	1 pc	40	2	34	0	0.30	0.20
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			571	798	43	80.89	29.90
% of Calories					30.1%	56.7%	20.9%
Weekly Nutrient Guideline			550 - 650	1230			

**Monday - 04/15/2019**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990043 Baked Potato w/ BBQ Beef	Potato	65	221	192	9	33.96	16.05
001213 Loaded Baked Potato	1/2 CUP	35	164	139	1	14.09	6.78
001477 Baked Beans	1/2 cup	70	98	259	8	21.00	4.20
001363 Garlic Toast	Serving	75	68	142	0	11.25	2.25
000115 Pineapple Tidbits	1/2 cup	65	48	6	9	11.63	0.65
000589 White Milk	each	25	25	31	3	3.00	2.00



# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			707	845	44	109.18	37.92
% of Calories					24.9%	61.8%	21.5%
Weekly Nutrient Guideline			550 - 650	1230			

### Tuesday - 04/16/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
009035 Cheesy Beef Nachos	each	100	420	725	*1	37.39	17.04
000718 Lettuce & Tomato	3/4 cup	60	10	4	1	2.31	0.89
000914 Salsa Cup	each	60	18	123	2	3.52	0.00
001331 Apple Slices in Bag	2oz bag	85	26	0	5	5.78	*N/A*
000589 White Milk	each	40	40	50	5	4.80	3.20
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
Weighted Daily Average			579	962	*25	65.20	*25.93
% of Calories					*17.3%	45.0%	*17.9%
Weekly Nutrient Guideline			550 - 650	1230			

### Wednesday - 04/17/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000123 Popcorn Chicken	serving( 4.3oz)	100	293	487	0	17.00	18.00
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	63	258	*1	12.98	1.44
990095 Green Beans Canned	1/2 cup	70	14	98	1	2.10	0.70
001036 Diced Pears	1/2 cup	89	73	13	13	17.18	0.00
000839 Roll	each	90	154	246	5	27.65	6.14
001279 Ketchup Cup	cup	30	9	22	2	2.10	0.00
000637 BBQ Sauce Cup	1 OZ	40	12	38	1	3.20	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			726	1268	*39	99.46	34.29
% of Calories					*21.5%	54.8%	18.9%
Weekly Nutrient Guideline			550 - 650	1230			

**Thursday - 04/18/2019**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000831 Pepperoni Pizza	slice	50	150	330	7	17.50	8.00
001039 Cheese Pizza	slice	50	150	290	7	17.50	8.00
001202 Garden Salad w/Ranch	each	70	72	142	*1	2.52	1.34
990000 Steamed Corn	1/2 cup	60	40	1	*2	9.54	1.19

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

990040 Watermelon Applesauce Cup	4.5oz. cup	70	63	0	13	15.40	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			582	869	*46	79.71	26.53
% of Calories					*31.6%	54.8%	18.2%
Weekly Nutrient Guideline			550 - 650	1230			

### Monday - 04/22/2019

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001347 Lasagna Roll w/Max Stix	serving	60	256	693	*6	28.24	15.39
001417 Grilled Cheese Sandwich	EACH	40	91	247	2	13.19	4.37
990000 Steamed Corn	1/2 cup	60	40	1	*2	9.54	1.19
000945 Steamed Broccoli	1/2 cup	60	16	14	*N/A*	3.04	1.76
000115 Pineapple Tidbits	1/2 cup	60	45	6	9	10.73	0.60
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			555	1066	*35	81.99	31.30
% of Calories					*25.2%	59.1%	22.6%
Weekly Nutrient Guideline			550 - 650	1230			

# Base Menu Spreadsheet

Weighted Values

Apr 1, 2019 thru Apr 30, 2019

## Tuesday - 04/23/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001479 Soft Chicken Taco	1 Taco	50	125	166	0	8.43	8.17
001265 Cheesy Enchiladas	enchiladas 2	50	176	325	1	17.69	7.02
001333 Pinto Beans	1/2 cup	80	122	253	1	22.41	6.23
000718 Lettuce & Tomato	3/4 cup	70	11	5	2	2.69	1.04
001331 Apple Slices in Bag	2oz bag	60	18	0	4	4.08	*N/A*
000151 Salsa Packet	PC PACKET	60	3	87	0	0.50	0.09
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			563	941	24	73.07	*30.54
% of Calories					17.1%	51.9%	*21.7%
Weekly Nutrient Guideline			550 - 650	1230			

## Wednesday - 04/24/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000646 Chicken Nuggets	5 nuggets	100	263	405	1	16.20	16.20
001490 Mashed Potatoes w/ Gravy	1/2 cup	90	63	258	*1	12.98	1.44
990095 Green Beans Canned	1/2 cup	70	14	98	1	2.10	0.70

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

001036 Diced Pears	1/2 cup	95	78	14	14	18.34	0.00
000839 Roll	each	98	167	268	5	30.11	6.69
001279 Ketchup Cup	cup	40	12	30	2	2.80	0.00
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			705	1178	*40	99.77	33.03
% of Calories					*22.7%	56.6%	18.7%
Weekly Nutrient Guideline			550 - 650	1230			

Thursday - 04/25/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001247 Dominos Cheese Pizza	Slice	100	260	540	3	29.00	20.00
001202 Garden Salad w/Ranch	each	75	77	152	*1	2.70	1.43
000400 Carrot/Celery Sticks w/Ranch	1/2 cup	80	142	153	*1	4.72	1.02
990037 Blue Raspberry Applesauce	4.5oz cup	80	72	12	15	17.35	*N/A*
000589 White Milk	each	25	25	31	3	3.00	2.00

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			659	964	*37	71.02	*30.45
% of Calories					*22.5%	43.1%	*18.5%
Weekly Nutrient Guideline			550 - 650	1230			

### Friday - 04/26/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000817 Hamburger	each	25	58	120	1	5.69	4.81
000149 Cheeseburger on Bun	each	75	198	486	4	18.18	16.29
001524 Emoji Fries	4 Emoji	95	114	76	0	17.10	1.90
001057 Lettuce & Tomato	1/2 cup	65	7	5	1	1.44	0.43
990013 Italian Ice Emoji	4.4oz	70	69	10	18	17.50	0.00
000821 Ketchup Packets	2 PC	75	15	38	3	3.00	0.00
000321 Mustard Packet	1 pc	40	2	34	0	0.30	0.20
000589 White Milk	each	25	25	31	3	3.00	2.00

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			570	876	42	80.45	31.63
% of Calories					29.5%	56.5%	22.2%
Weekly Nutrient Guideline			550 - 650	1230			

### Monday - 04/29/2019

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990096 Chicken Tenders	Serving	100	193	364	0	10.58	17.54
001477 Baked Beans	1/2 cup	70	98	259	8	21.00	4.20
000945 Steamed Broccoli	1/2 cup	65	17	15	*N/A*	3.29	1.90
000115 Pineapple Tidbits	1/2 cup	60	45	6	9	10.73	0.60
000637 BBQ Sauce Cup	1 OZ	60	18	57	2	4.80	0.00
000589 White Milk	each	40	40	50	5	4.80	3.20
000588 Chocolate Milk	each	60	66	60	11	11.40	4.80
Weighted Daily Average			477	811	*34	66.61	32.24
% of Calories					*28.5%	55.9%	27.0%
Weekly Nutrient Guideline			550 - 650	1230			

### Tuesday - 04/30/2019

Reimbursable Meal Total 100

# Base Menu Spreadsheet

## Weighted Values

Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990094 Spaghetti w/Max Stick	servings	100	316	471	*6	29.75	21.57
001202 Garden Salad w/Ranch	each	70	72	142	*1	2.52	1.34
001496 Baked Cauliflower	3.56oz serving	60	15	9	*1	1.80	0.60
001331 Apple Slices in Bag	2oz bag	65	20	0	4	4.42	*N/A*
000589 White Milk	each	25	25	31	3	3.00	2.00
000588 Chocolate Milk	each	75	82	75	14	14.25	6.00
Weighted Daily Average			530	728	*28	55.75	*31.51
% of Calories					*21.1%	42.1%	*23.8%
Weekly Nutrient Guideline			550 - 650	1230			

\*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.