

# Base Menu Spreadsheet

## Portion Values

**Menu Name:** ELEMENTARY LUNCH MENU

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Thursday - 11/01/2018

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900081 Pasta, PennChxStrip Unsnd Marinara	Serving	99	296	323	31.09
001374 Salad, Bar Veggie 3	1 Cup	75	149	511	13.50
002195 Kiwi Fruit 1 1/2	Each	100	46	2	11.14
002203 Toast, Texas Garlic, BCrfters	Each	85	90	190	15.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			649	1043	84.73
% of Calories					52.2%
Weekly Nutrient Guideline			600 - 650	1230	

### Friday - 11/02/2018

**Reimbursable Meal Total 100**

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002264 Nacho Cheese w/Chips	Serving	100	429	1005	42.41
001374 Salad, Bar Veggie 3	1 Cup	100	149	511	13.50
001809 Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	85	106	0	21.19
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			789	1692	93.85
% of Calories					47.6%
Weekly Nutrient Guideline			600 - 650	1230	

**Monday - 11/05/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001868 Chicken Asian, Teriyaki	Serving	60	99	283	5.14
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	95	139	174	30.19
001517 Salad, Bar Veggie 4	1 Cup	95	165	424	16.51
000998 Peach Cup, USDA	Each	75	80	0	18.96
002085 Grahams, NV Crisps Cinnamon	Each	99	150	140	25.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00

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000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			677	1052	106.35
% of Calories					62.8%
Weekly Nutrient Guideline			600 - 650	1230	

**Tuesday - 11/06/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002396 Burrito, HandRolled USDA	SERVING	99	540	961	47.73
001517 Salad, Bar Veggie 4	1 Cup	50	165	424	16.51
002195 Kiwi Fruit 1 1/2	Each	75	46	2	11.14
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			774	1341	83.80
% of Calories					43.3%
Weekly Nutrient Guideline			600 - 650	1230	

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## Portion Values

### Wednesday - 11/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	99	350	950	41.00
001156 Barbecue Sauce Cup	Each	82	40	200	10.00
001517 Salad, Bar Veggie 4	1 Cup	65	165	424	16.51
002444 Craisins, Invd Box	Box	65	110	0	28.00
002465 Grahams, Chocolate Bear Sysco	Each	85	110	105	21.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			773	1645	115.50
% of Calories					59.8%
Weekly Nutrient Guideline			600 - 650	1230	

### Thursday - 11/08/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	99	136	629	2.00
001627 Tortilla Wheat, 6" (2)	Serving (2)	99	180	250	28.00

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000446 Taco Sauce:Packet	EACH	60	5	95	1.00
001517 Salad, Bar Veggie 4	1 Cup	65	165	424	16.51
900042 Apple in a Bag Fuji	Each	85	29	0	8.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			570	1378	67.76
% of Calories					47.6%
Weekly Nutrient Guideline			600 - 650	1230	

**Friday - 11/09/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000475 Corndog, Chicken, D Lee WG	Each	99	238	690	27.80
000741 Mustard Packet	Each	50	5	65	1.00
001726 Ketchup:Packet 2	2 Each	80	20	170	6.00
002234 Potatoes, 3/4 CRISPY WEDGES	3/4 Cup	85	180	210	30.00
002172 Icee, American Hero Rosatti	Each	90	99	15	25.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00

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## Portion Values

900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			618	1219	100.75
% of Calories					65.2%
Weekly Nutrient Guideline			600 - 650	1230	

### Monday - 11/12/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000141 HOLIDAY					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

### Tuesday - 11/13/2018

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	99	260	390	16.00
001156 Barbecue Sauce Cup	Each	85	40	200	10.00
001462 Salad, Bar Veggie 1	1 Cup	50	179	550	16.61
000090 Pears,fresh	Each	50	95	2	25.28

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## Portion Values

002037 Chips, Sunchips Harvest Chedda	Each	85	140	210	18.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
<b>Weighted Daily Average</b>			<b>669</b>	<b>1186</b>	<b>80.52</b>
% of Calories					48.1%
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>1230</b>	

**Wednesday - 11/14/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	95	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	95	139	174	30.19
001462 Salad, Bar Veggie 1	1 Cup	75	179	550	16.61
900042 Apple in a Bag Fuji	Each	85	29	0	8.00
001945 Roll, White Wheat: Galasso	Each	99	80	125	17.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00

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## Portion Values

Weighted Daily Average			634	1143	102.74
% of Calories					64.8%
Weekly Nutrient Guideline			600 - 650	1230	

**Thursday - 11/15/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001966 Cheeseburger Slider, 2-pk DL	Each	95	272	355	31.30
001102 Ketchup:Packet	Each	92	10	85	3.00
000741 Mustard Packet	Each	60	5	65	1.00
001462 Salad, Bar Veggie 1	1 Cup	40	179	550	16.61
900086 GRAPES, Red Bagged	Bag	75	52	2	13.37
002121 Brownie, Dbl Choc Fat Cat	Each	85	199	99	33.50
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
Weighted Daily Average			673	935	98.17
% of Calories					58.3%
Weekly Nutrient Guideline			600 - 650	1230	



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## Portion Values

### Friday - 11/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	100	310	459	30.00
001462 Salad, Bar Veggie 1	1 Cup	75	179	550	16.61
000965 Strawberry Cup, USDA 4.5oz	Each	80	80	0	18.94
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			630	1047	77.54
% of Calories					49.2%
Weekly Nutrient Guideline			600 - 650	1230	

### Monday - 11/19/2018

Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

### Tuesday - 11/20/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

### Wednesday - 11/21/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

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## Portion Values

### Thursday - 11/22/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

### Friday - 11/23/2018

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

### Monday - 11/26/2018

### Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001850 Pizza, Trky Pep Pocket Sandwich	Each	95	300	680	32.00
001515 Salad, Bar Veggies 2	1 Cup	75	178	426	19.81
900089 MIXED BERRIES	Each	85	90	0	20.00

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## Portion Values

CUP FRZN, USDA					
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	85	140	118	23.70
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
<b>Weighted Daily Average</b>			<b>735</b>	<b>1242</b>	<b>102.33</b>
% of Calories					55.7%
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>1230</b>	

**Tuesday - 11/27/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	95	278	1237	32.66
000741 Mustard Packet	Each	50	5	65	1.00
000454 Mayonnaise Packet	Each	65	60	45	0.00
001515 Salad, Bar Veggie 2	1 Cup	75	178	426	19.81
000086 Orange Wedges	Each	80	45	0	11.28
001240 Chips, Cheetos Baked	Each	85	120	200	17.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00

# Base Menu Spreadsheet

## Portion Values

900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			699	1902	89.79
% of Calories					51.4%
Weekly Nutrient Guideline			600 - 650	1230	

**Wednesday - 11/28/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002449 Chicken, Crispy PattyFilet/Bun	Each	95	400	770	46.00
001102 Ketchup:Packet	Each	95	10	85	3.00
001515 Salad, Bar Veggie 2	1 Cup	70	178	426	19.81
900086 GRAPES, Red Bagged	Bag	65	52	2	13.37
002257 Grahams, Friends, Bunny	Each	75	160	110	25.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			790	1370	107.79
% of Calories					54.6%
Weekly Nutrient Guideline			600 - 650	1230	

**Thursday - 11/29/2018**

**Reimbursable Meal Total 100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	99	213	1314	18.78
001515 Salad, Bar Veggie 2	1 Cup	70	178	426	19.81
000068 Bananas	Each	85	170	2	43.71
002020 Roll, Bridgford Honey Wheat	Each	85	150	230	27.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			729	1972	112.49
% of Calories					61.7%
Weekly Nutrient Guideline			600 - 650	1230	

# Base Menu Spreadsheet

## Portion Values

Friday - 11/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001638 Taco Nada, Taco Turkey	Each	100	260	390	31.00
000446 Taco Sauce:Packet	EACH	75	5	95	1.00
001515 Salad, Bar Veggie 2	1 Cup	75	178	426	19.81
900042 Apple in a Bag Fuji	Each	99	29	0	8.00
000905 Milk - 1% White	Half Pint	18	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			548	956	74.46
% of Calories					54.4%
Weekly Nutrient Guideline			600 - 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.