

Base Menu Spreadsheet

Portion Values

Menu Name: JH/MIDDLE SCHOOL LUNCH MENU

Include Cost: No

Site:

Report Style: Detailed

Thursday - 11/01/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900081 Pasta, PennChxStrip Unsnd Marinara	Serving	50	296	323	31.09
002366 Quesadilla, Cheese/Chile MCI	Each	50	291	364	28.21
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	75	25	42	5.84
001105 Dressing, Ranch, Homemade 1oz	1 oz	75	52	161	2.79
002195 Kiwi Fruit 1 1/2	Each	100	46	2	11.14
002477 Juice,Gold Rush 1/2c, SYSCO	Each	65	40	60	10.00
002203 Toast, Texas Garlic, BCrfters	Each	1	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			546	715	73.84
% of Calories					54.1%
Weekly Nutrient Guideline			600 - 700	1360	

Base Menu Spreadsheet

Portion Values

Friday - 11/02/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002264 Nacho Cheese w/Chips	Serving	40	429	1005	42.41
001353 Hot Dog WW Bun: SYSCO	Each	60	270	720	32.00
000741 Mustard Packet	Each	60	5	65	1.00
001102 Ketchup:Packet	Each	60	10	85	3.00
001743 Corn, 3/4 Canned	3/4 Cup	100	102	55	23.59
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			657	1154	100.10
% of Calories					60.9%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/05/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001868 Chicken Asian, Teriyaki	Serving	60	99	283	5.14
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	60	139	174	30.19
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	40	270	410	30.00
000741 Mustard Packet	Each	40	5	65	1.00
001102 Ketchup:Packet	Each	40	10	85	3.00
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	95	85	218	9.51
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
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			667	1020	102.73
% of Calories					61.6%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 11/06/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002396 Burrito, HandRolled USDA	SERVING	60	540	961	47.73
900071 Pizza, 4" Galaxy Pepp Pizza Schwn	Each	40	290	490	26.00
001628 Carrot Sticks 3/4	3/4 c	50	36	61	8.47
001105 Dressing, Ranch, Homemade 1oz	1 oz	50	52	161	2.79
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			640	1061	72.95
% of Calories					45.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 11/07/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	60	350	950	41.00
001156 Barbecue Sauce Cup	Each	1	40	200	10.00
000766 Burrito, Bean & Cheese, Ext WG	Each	40	291	479	40.95
000446 Taco	EACH	40	5	95	1.00

Base Menu Spreadsheet

Portion Values

Sauce:Packet					
001741 Celery Sticks 3/4	3/4 cup	1	16	78	2.90
001105 Dressing, Ranch, Homemade 1oz	1 oz	1	52	161	2.79
002444 Craisins, Invd Box	Box	65	110	0	28.00
002465 Grahams, Chocolate Bear Sysco	Each	1	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			524	981	79.88
% of Calories					61.0%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 11/08/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	60	136	629	2.00
001627 Tortilla Wheat, 6" (2)	Serving (2)	60	180	250	28.00
000446 Taco Sauce:Packet	EACH	60	5	95	1.00
900053 Sandwich, Grilled Cheese	Each	40	340	830	32.00
001817 Beans, Black 3/4 c w/ Cheese	3/4 cup, .5 oz	1	222	309	31.12

Base Menu Spreadsheet

Portion Values

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			477	1095	58.44
% of Calories					49.0%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000475 Corndog, Chicken, D Lee WG	Each	60	238	690	27.80
000741 Mustard Packet	Each	50	5	65	1.00
001102 Ketchup:Packet	Each	85	10	85	3.00
002348 Chicken, Popcorn, 12 pcTYSON	Serving	1	250	380	16.00
001156 Barbecue Sauce Cup	Each	1	40	200	10.00
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

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			520	892	87.92
% of Calories					67.6%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/12/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 11/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	60	260	390	16.00
001156 Barbecue Sauce Cup	Each	60	40	200	10.00
001863 Pizza, Bagel Lunch TR	Each	40	338	649	39.60
001748 Pinto Beans 3/4c w/Ch Purchased	3/4 cup	1	150	673	23.83
000090 Pears,fresh	Each	50	95	2	25.28

Base Menu Spreadsheet

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
Weighted Daily Average			605	975	79.55
% of Calories					52.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 11/14/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	60	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	60	139	174	30.19
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	40	270	410	30.00
000741 Mustard Packet	Each	40	5	65	1.00
001102 Ketchup:Packet	Each	40	10	85	3.00
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	75	85	218	9.51
900042 Apple in a Bag Fuji	Each	85	29	0	8.00
001945 Roll, White Wheat: Galasso	Each	99	80	125	17.00

Base Menu Spreadsheet

Portion Values

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			576	960	93.80
% of Calories					65.1%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 11/15/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001966 Cheeseburger Slider, 2-pk DL	Each	60	272	355	31.30
001102 Ketchup:Packet	Each	60	10	85	3.00
000741 Mustard Packet	Each	60	5	65	1.00
900044 Quesadilla, Chicken and Cheese	Each	40	297	566	31.00
001742 Green Beans, 3/4c	3/4 cup	40	33	294	6.37
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

Base Menu Spreadsheet

Portion Values

900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
Weighted Daily Average			634	908	94.56
% of Calories					59.7%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	60	310	459	30.00
001353 Hot Dog WW Bun: SYSCO	Each	40	270	720	32.00
000741 Mustard Packet	Each	60	5	65	1.00
001102 Ketchup:Packet	Each	60	10	85	3.00
001743 Corn, 3/4 Canned	3/4 Cup	100	102	55	23.59
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

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			591	884	91.87
% of Calories					62.2%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/19/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 11/20/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Base Menu Spreadsheet

Portion Values

Wednesday - 11/21/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 11/22/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/23/2018

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001850 Pizza,Trky Pep Pocket Sandwich	Each	60	300	680	32.00
000878 Burrito, Beef/Bean/Red Chli WG	Each	60	281	404	39.12
001736 Potato Rounds, 3/4 c	3/4 Cup	75	210	420	24.00
001102 Ketchup:Packet	Each	75	10	85	3.00
900089 MIXED BERRIES CUP FRZN, USDA	Each	85	90	0	20.00
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

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			830	1305	120.00
% of Calories					57.8%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 11/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	40	278	1237	32.66
001638 Taco Nada, Taco Turkey	Each	60	260	390	31.00
001796 Cucumber, Raw 3/4	3/4 Cup	1	13	2	2.38
001105 Dressing, Ranch, Homemade 1oz	1 oz	1	52	161	2.79
000086 Orange Wedges	Each	50	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
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			514	1076	71.74
% of Calories					55.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 11/28/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	50	360	620	41.00
000454 Mayonnaise Packet	Each	50	60	45	0.00
002284 Pizza, 5" Deep Dish Cheese	Each	50	310	440	31.00
001735 Broccoli, raw, fresh 3/4	3/4 CUP	70	16	16	3.16
001105 Dressing, Ranch, Homemade 1oz	1 oz	70	52	161	2.79
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 ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			688	935	87.53
% of Calories					50.9%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 11/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	60	213	1314	18.78
002272 PBJ CRUST ON - GRAPE JELLY	Each	40	550	480	52.00
002020 Roll, Bridgford Honey Wheat	Each	60	150	230	27.00
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	70	25	42	5.84
002477 Juice,Gold Rush 1/2c, SYSCO	Each	60	40	60	10.00
000068 Bananas	Each	65	170	2	43.71
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 ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			711	1361	106.69
% of Calories					60.0%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001638 Taco Nada, Taco Turkey	Each	1	260	390	31.00
000446 Taco Sauce:Packet	EACH	1	5	95	1.00
002353 Chicken, Tenders TYSON(3)	Serving	1	260	390	16.00
001156 Barbecue Sauce Cup	Each	1	40	200	10.00
001817 Beans, Black 3/4 c w/ Cheese	3/4 cup, .5 oz	75	222	309	31.12
900042 Apple in a Bag Fuji	Each	99	29	0	8.00
000905 Milk - 1% White	Half Pint	20	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
Weighted Daily Average			323	419	51.84
% of Calories					64.2%
Weekly Nutrient Guideline			600 - 700	1360	

**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.