

Base Menu Spreadsheet

Portion Values

Menu Name: Junior High Theme Bar

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)
001911 Potato, Baking	Each	95	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	95	443	1067	36.80
900082 Cheese, String, Mozzarella USDA	Each	40	90	200	2.00
002195 Kiwi Fruit 1 1/2	Each	75	46	2	11.14
002203 Toast, Texas Garlic, BCrtfers	Each	85	90	190	15.00
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			850	1455	112.02
% of Calories					52.7%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/02/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	85	369	725	32.80
002233 Salad Bar,	Serving	30	137	368	13.30

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Hamburger					
001809 Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	60	106	0	21.19
002378 Grahams, Elf, Chocolate	Each	70	120	125	20.00
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			624	990	78.51
% of Calories					50.3%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/05/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	85	362	802	21.99
002312 Salad Bar, Enchilada	Serving	40	256	507	34.24
000998 Peach Cup, USDA	Each	100	80	0	18.96
002085 Grahams, NV Crisps Cinnamon	Each	85	150	140	25.00
000905 Milk - 1% White	Half Pint	20	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

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900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			741	1183	92.85
% of Calories					50.1%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 11/06/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	85	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	30	241	471	30.96
002195 Kiwi Fruit 1 1/2	Each	50	46	2	11.14
002037 Chips, Sunchips Harvest Chedda	Each	75	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			633	1410	77.19
% of Calories					48.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 11/07/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	95	290	680	26.00
002219 Salad Bar, Tamale	Serving	50	162	492	16.73
002444 Craisins, Invd Box	Box	100	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			682	1157	98.85
% of Calories					58.0%
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)
001911 Potato, Baking	Each	95	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	40	443	1067	36.80
900042 Apple in a Bag Fuji	Each	65	29	0	8.00
001983 Crackers,Cheez-It, Whole Grain	Each	85	100	150	14.00

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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			562	752	86.90
% of Calories					61.9%
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)
002439 Chicken, Sp PattyFilet W/Bun	Each	100	360	620	41.00
002506 Salad Bar, Spicy Chicken	Serving	100	86	273	12.81
002172 Icee, American Hero Rosatti	Each	100	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
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00

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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			667	1083	98.74
% of Calories					59.2%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/12/2018

Reimbursable Meal Total 1

	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)
002284 Pizza, 5" Deep Dish Cheese	Each	95	310	440	31.00
002221 Salad Bar, Pizza	Serving	30	163	323	23.18
000090 Pears,fresh	Each	99	95	2	25.28
002037 Chips, Sunchips Harvest Chedda	Each	85	140	210	18.00

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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			678	871	96.66
% of Calories					57.0%
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)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	95	328	948	32.27
002220 Salad Bar, Tacos	Serving	50	204	970	17.83
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

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			564	1561	67.42
% of Calories					47.8%
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)
001911 Potato, Baking	Each	95	168	24	37.00
900082 Cheese, String, Mozzarella USDA	Each	75	90	200	2.00
002222 Salad Bar, Baked Potato	Serving	40	443	1067	36.80
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	20	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
Weighted Daily Average			735	861	109.87
% of Calories					59.8%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 11/16/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002212 Sandwich, Meatball	Serving	85	323	629	36.56
002224 Salad Bar, Meatball Sub	Serving	85	119	203	17.37
000965 Strawberry Cup, USDA 4.5oz	Each	75	80	0	18.94
001546 Grahams, Vanilla Bear, WG	Each	85	104	85	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			646	955	95.27
% of Calories					59.0%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 11/19/2018

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	

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	

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	

Base Menu Spreadsheet

Portion Values

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

	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)
002134 Enchilada, Pepper J, Los Cabos	Serving	90	362	802	21.99
900089 MIXED BERRIES CUP FRZN, USDA	Each	85	90	0	20.00
002312 Salad Bar.	Servina	30	256	507	34.24

Base Menu Spreadsheet

Portion Values

Enchilada					
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	75	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
Weighted Daily Average			705	1139	84.77
% of Calories					48.1%
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)
002460 Chicken/Homestyle MashPot Bowl	Serving	99	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	40	241	471	30.96
000086 Orange Wedges	Each	100	45	0	11.28
001240 Chips, Cheetos Baked	Each	90	120	200	17.00
000905 Milk - 1% White	Half Pint	20	130	160	16.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000968 Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.00
Weighted Daily Average			733	1633	92.63
% of Calories					50.5%
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)
002411 Tamale, Chicken, Del RealSYSCO	Each	100	290	680	26.00
002219 Salad Bar, Tamale	Serving	40	162	492	16.73
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
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			630	1136	80.06
% of Calories					50.8%
Weekly Nutrient Guideline			600 - 700	1360	

Base Menu Spreadsheet

Portion Values

Thursday - 11/29/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	100	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	40	443	1067	36.80
000068 Bananas	Each	100	170	2	43.71
002020 Roll, Bridgford Honey Wheat	Each	80	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			757	812	136.96
% of Calories					72.4%
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)
002232 Steak Burger/ Kaiser Bun DLee	Serving	100	369	725	32.80
002233 Salad Bar, Hamburger	Serving	100	137	368	13.30
900042 Apple in a Bag Fuji	Each	100	29	0	8.00

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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			657	1269	74.03
% of Calories					45.1%
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.