

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Menu Name:

Middle School Lunch

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 03/03/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000477 General Tso Chicken w/Rice	1/2 Cup	1	366	1022	*0	*N/A*	39.50	17.62
000986 Egg Roll	EGG ROLL	1	170	300	3	*N/A*	20.00	9.00
000460 Sub Meatball	SANDWICH	1	693	1685	*12	*N/A*	63.07	33.44
Weighted Daily Average			1229	3007	*15	*N/A*	122.57	60.07
% of Calories					*4.9%	*N/A*	39.9%	19.6%
Weekly Nutrient Guideline			600 - 700	1225				

Tuesday - 03/04/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000699 Chicken Gumbo	8 OZ SERVINGS	1	213	*688	*2	*N/A*	22.37	15.78
990165 Cornbread Poppers	3 Pieces	1	128	200	5	4	19.00	2.00
000391 Hot Dog, Sec	Hot dog	1	406	1027	4	*N/A*	30.14	16.33

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990096 Dessert	each	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			747	*1915	*10	*4	71.51	34.12
% of Calories					*5.4%	*2.1%	38.3%	18.3%
Weekly Nutrient Guideline			600 - 700	1225				

Wednesday - 03/05/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000804 Chicken Patty w/Bun, Sec	Sandwich	1	400	810	4	*4	44.00	20.00
001003 Spicy Chicken Patty w/Bun	Sandwich	1	450	1260	4	*4	52.00	22.00
000181 Grilled Cheese	SANDWICH	1	348	795	*4	*N/A*	34.80	18.60
000833 Broccoli Soup	1/2 CUP	1	169	692	*7	*N/A*	9.45	10.01
Weighted Daily Average			1366	3557	*19	*8	140.26	70.61
% of Calories					*5.6%	*2.3%	41.1%	20.7%
Weekly Nutrient Guideline			600 - 700	1225				

Thursday - 03/06/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000013 Taco Crunch	4 OZ SERVING	1	480	597	*0	*N/A*	24.82	28.08

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

990065 Toasted Ravioli & Mozzarella Sticks, WG, SEC	3 Rav/5 Mozz	1	580	797	2	*0	53.14	23.56
Weighted Daily Average			1060	1394	*3	*0	77.96	51.64
% of Calories					*1.1%	*0%	29.4%	19.5%
Weekly Nutrient Guideline			600 - 700	1225				

Friday - 03/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000858 Pizza	1 Slice	1	400	580	9	*N/A*	42.00	19.00
000991 Fish Filet w/Bun	Sandwich	1	310	660	5	*4	45.00	15.00
Weighted Daily Average			710	1240	14	*4	87.00	34.00
% of Calories					7.9%	*2.3%	49.0%	19.2%
Weekly Nutrient Guideline			600 - 700	1225				

Monday - 03/10/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990144 Pulled Pork Nachos	Serving	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000309 Garlic Bread Pizza	Piece	1	320	580	3	*N/A*	30.00	18.00
Weighted Daily Average			320	580	3	*0	30.00	18.00
% of Calories					3.8%	*0%	37.5%	22.5%
Weekly Nutrient Guideline			600 - 700	1225				

Tuesday - 03/11/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000144 Bosco Breadsticks 7", WG, Sec	2 Sticks	1	476	667	*2	*2	54.07	24.15
001150 Chicken Alfredo	2/3 cup	1	367	630	*6	*N/A*	40.94	26.12
990089 Breadstick Garlic 6"	Breadstick	1	110	200	1	*N/A*	15.00	2.50
Weighted Daily Average			953	1497	*9	*2	110.01	52.76
% of Calories					*3.8%	*0.8%	46.2%	22.1%
Weekly Nutrient Guideline			600 - 700	1225				

Wednesday - 03/12/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000804 Chicken Patty w/Bun, Sec	Sandwich	1	400	810	4	*4	44.00	20.00
001003 Spicy Chicken Patty w/Bun	Sandwich	1	450	1260	4	*4	52.00	22.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

990219 Potsticker, Chicken & Vegetable, WG, SEC	6 Potstickers	1	349	555	3	*1	53.50	19.53
000986 Egg Roll	EGG ROLL	1	170	300	3	*N/A*	20.00	9.00
Weighted Daily Average			1369	2925	14	*9	169.50	70.53
% of Calories					4.1%	*2.6%	49.5%	20.6%
Weekly Nutrient Guideline			600 - 700	1225				

Thursday - 03/13/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990190 Turkey Roast	1 Cup	1	176	771	0	*N/A*	3.48	24.18
000908 Hot Roll	ROLL	1	176	297	6	*N/A*	31.90	5.50
000917 Chicken Pizza Quesadilla	Slice	1	320	770	5	*N/A*	38.00	18.00
Weighted Daily Average			672	1838	10	*N/A*	73.38	47.68
% of Calories					6.0%	*N/A*	43.7%	28.4%
Weekly Nutrient Guideline			600 - 700	1225				

Friday - 03/14/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000858 Pizza	1 Slice	1	400	580	9	*N/A*	42.00	19.00
990072 Fish Nuggets	Nuggets	1	300	562	0	*N/A*	25.00	13.75
000758 Biscuit Garlic	1 Biscuit	1	205	504	*1	*N/A*	17.73	5.25

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Weighted Daily Average			905	1647	*10	*N/A*	84.73	38.00
% of Calories					*4.4%	*N/A*	37.4%	16.8%
Weekly Nutrient Guideline			600 - 700	1225				

Monday - 03/17/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990174 Lunch Tornado Variety	2 Tornado	1	350	680	2	*N/A*	48.00	13.00
000731 Queso Cheese Sauce	SERVING	1	120	549	*N/A*	*N/A*	2.45	7.70
000442 Refried Beans	1/2 CUP	1	165	299	*1	*N/A*	21.71	9.40
990218 Chicken Chunks Boneless Wings, WG, Sec	5 Pieces	1	238	588	0	0	16.25	25.00
000959 Texas Toast Garlic	Slice	1	100	125	1	*N/A*	14.00	3.00
Weighted Daily Average			972	2240	*4	*0	102.41	58.10
% of Calories					*1.6%	*0%	42.1%	23.9%
Weekly Nutrient Guideline			600 - 700	1225				

Tuesday - 03/18/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990075 Brunch Lunch	SERVING	1	349	814	*2	*N/A*	23.91	14.69
001110 Chicken Rice Casserole	8 OZ	1	203	*604	*2	*N/A*	14.30	15.66

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

001147 Breadstick Wheat	BREADSTICK	1	80	160	2	*N/A*	16.00	3.00
Weighted Daily Average			632	*1577	*6	*N/A*	54.21	33.36
% of Calories					*3.8%	*N/A*	34.3%	21.1%
Weekly Nutrient Guideline			600 - 700	1225				

Wednesday - 03/19/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000804 Chicken Patty w/Bun, Sec	Sandwich	1	400	810	4	*4	44.00	20.00
001003 Spicy Chicken Patty w/Bun	Sandwich	1	450	1260	4	*4	52.00	22.00
990168 Cheese Pocket	Pocket	1	280	460	2	1	28.00	19.00
Weighted Daily Average			1130	2530	10	*9	124.00	61.00
% of Calories					3.5%	*3.2%	43.9%	21.6%
Weekly Nutrient Guideline			600 - 700	1225				

Thursday - 03/20/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000039 Sloppy Joe w/Bun	SERVING	1	199	101	*2	*0	5.00	18.17
990062 Chicken Drumstick Sec	9.5	1	110	225	0	*N/A*	4.00	8.00

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000480 Mac/Cheese	1/2 Cup	1	290	543	*9	*N/A*	28.38	17.27
Weighted Daily Average			599	869	*11	*0	37.38	43.45
% of Calories					*7.3%	*0%	25.0%	29.0%
Weekly Nutrient Guideline			600 - 700	1225				

Friday - 03/21/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000858 Pizza	1 Slice	1	400	580	9	*N/A*	42.00	19.00
990066 Manager's Choice	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			400	580	9	*0	42.00	19.00
% of Calories					9.0%	*0%	42.0%	19.0%
Weekly Nutrient Guideline			600 - 700	1225				

Monday - 03/24/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

Tuesday - 03/25/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

Wednesday - 03/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Thursday - 03/27/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

Friday - 03/28/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

Monday - 03/31/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990066 Manager's Choice	PKG	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0	0	0	0
% of Calories					0%	0%	0%	0%
Weekly Nutrient Guideline			600 - 700	1225				

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
Weighted Averages		622	*1305	*7	*2	63.19	32.97
% of Calories				*4.5%	*1.3%	40.6%	21.2%

**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.