

Base Menu Spreadsheet

Portion Values

Mar 1, 2025 thru Mar 31, 2025

Menu Name:	High School Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 03/03/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990056 Chicken BBQ Sandwich w/ Bun	Sandwich	1	317	561	8	*4	34.00	28.30
000391 Hot Dog, Sec	Hot dog	1	406	1027	4	*N/A*	30.14	16.33
Weighted Daily Average			722	1588	12	*4	64.15	44.63
% of Calories					6.6%	*2.2%	35.5%	24.7%
Weekly Nutrient Guideline			750 - 850	1280				

Tuesday - 03/04/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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
990221 Cheese Bites, WG, Sec	6 Bites	1	420	810	0	*N/A*	42.00	24.00

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	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			761	*1698	*7	*4	83.37	41.78
% of Calories					*3.7%	*2.1%	43.8%	22.0%
Weekly Nutrient Guideline			750 - 850	1280				

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			750 - 850	1280				

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)
000645 Cheeseburger Mac	SERVINGS	1	474	806	*13	*N/A*	34.06	32.39

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990089 Breadstick Garlic 6"	Breadstick	1	110	200	1	*N/A*	15.00	2.50
990065 Toasted Ravioli & Mozzarella Sticks, WG, SEC	3 Rav/5 Mozz	1	580	797	2	*0	53.14	23.56
Weighted Daily Average			1164	1802	*17	*0	102.20	58.45
% of Calories					*5.8%	*0%	35.1%	20.1%
Weekly Nutrient Guideline			750 - 850	1280				

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			750 - 850	1280				

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)
000144 Bosco Breadsticks 7", WG, Sec	2 Sticks	1	476	667	*2	*2	54.07	24.15

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000398 BBQ Pork Roast w/Bun	Servings	1	492	773	*11	*4	37.23	34.45
Weighted Daily Average			968	1439	*13	*6	91.31	58.59
% of Calories					*5.4%	*2.5%	37.7%	24.2%
Weekly Nutrient Guideline			750 - 850	1280				

Tuesday - 03/11/2025Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
000030 Chicken Fajita	FAJITAS	1	411	1177	*5	*N/A*	36.37	24.67
000734 Hamburger w/Bun Sec	Sandwich	1	320	530	4	*4	31.00	16.00
001058 Cheeseburger w/Bun Sec	Sandwich	1	360	670	4	*4	32.00	19.00
Weighted Daily Average			1091	2377	*13	*8	99.37	59.67
% of Calories					*4.8%	*2.9%	36.4%	21.9%
Weekly Nutrient Guideline			750 - 850	1280				

Wednesday - 03/12/2025Reimbursable 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

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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			750 - 850	1280				

Thursday - 03/13/2025Reimbursable 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
990139 Hot Pocket Pepperoni (Calzone)	Calzone	1	270	540	4	*N/A*	30.00	17.00
Weighted Daily Average			622	1608	10	*N/A*	65.38	46.68
% of Calories					6.4%	*N/A*	42.0%	30.0%
Weekly Nutrient Guideline			750 - 850	1280				

Friday - 03/14/2025Reimbursable 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

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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			750 - 850	1280				

Monday - 03/17/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
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			750 - 850	1280				

Tuesday - 03/18/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990075 Brunch Lunch	SERVING	1	349	814	*2	*N/A*	23.91	14.69
000382 Chicken & Noodles	4 OZ SERVINGS	1	206	*1163	*0	*N/A*	11.96	17.85

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
990089 Breadstick Garlic 6"	Breadstick	1	110	200	1	*N/A*	15.00	2.50
Weighted Daily Average			666	*2177	*3	*N/A*	50.87	35.05
% of Calories					*1.8%	*N/A*	30.6%	21.1%
Weekly Nutrient Guideline			750 - 850	1280				

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
000893 Corn Dog	CORN DOG	1	280	620	9	*N/A*	28.00	9.00
Weighted Daily Average			1130	2690	17	*8	124.00	51.00
% of Calories					6.0%	*2.8%	43.9%	18.1%
Weekly Nutrient Guideline			750 - 850	1280				

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)
990073 Taco Soup	1/2 CUP	1	242	502	*6	*0	25.73	15.95
001166 TOSTITOS CRISPY ROUND CHIPS	PKG	1	120	100	0	*N/A*	18.00	2.00

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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			699	1315	*7	*0	73.98	45.95
% of Calories					*4.0%	*0%	42.3%	26.3%
Weekly Nutrient Guideline			750 - 850	1280				

Friday - 03/21/2025Reimbursable 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			750 - 850	1280				

Monday - 03/24/2025Reimbursable Meal Total 1

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	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			750 - 850	1280				

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			750 - 850	1280				

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			750 - 850	1280				

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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			750 - 850	1280				

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			750 - 850	1280				

Monday - 03/31/2025 Reimbursable Meal Total 1

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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			750 - 850	1280				

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	Carb (g)	Protn (g)
Weighted Averages		657	*1412	*9	*2	66.70	34.95
% of Calories				*5.5%	*1.2%	40.6%	21.3%

**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.