

Base Menu Spreadsheet

Portion Values

Aug 21, 2023 thru Aug 31, 2023

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Monday - 08/21/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000914 Chicken Nuggets Ele	5 Pieces	1	188	12.86
001059 Biscuit	BISCUIT	1	180	23.26
000999 Fries	1/2 Cup	1	130	22.00
000115 Jello Apples	APPLE	1	87	22.65
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			706	98.62
% of Calories				55.9%
Weekly Nutrient Guideline			550 - 650	

Tuesday - 08/22/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000149 Cheeseburger w/Bun Elem	SANDWICH	1	331	32.00
000161 Hamburger w/Bun Ele	SANDWICH	1	291	31.00
000172 Baked Beans	1/2 CUP	1	139	32.05

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000334 Strawberries Fresh	1/2 CUP	1	24	5.84
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			907	118.74
% of Calories				52.4%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 08/23/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
990047 Cheese Bites	4 bites	1	283	28.35
000364 Marinara Sauce	2 oz servings	1	28	5.62
000454 Vegetable Catalina	4 OZ	1	40	6.67
000390 Pears	1/2 CUP	1	57	15.26
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			530	73.75
% of Calories				55.7%
Weekly Nutrient Guideline			550 - 650	

Thursday - 08/24/2023

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000372 Spaghetti w/Meatsauce	SERVING	1	437	42.00
000959 Texas Toast Garlic	SLICE	1	100	14.00
000128 Green Beans	1/2 CUP	1	23	4.29
000154 Grapes	1/2 CUP	1	31	7.89
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			712	86.04
% of Calories				48.3%
Weekly Nutrient Guideline			550 - 650	

Friday - 08/25/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000858 Pizza	SLICE	1	400	42.00
000724 Romaine Salad	Salad	1	27	5.69
000437 Peaches	1/2 CUP	1	61	14.23
990058 Rainbow Veggies	1/2 CUP	1	4	0.85

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			609	79.77
% of Calories				52.4%
Weekly Nutrient Guideline			550 - 650	

Monday - 08/28/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000893 Corn Dog	CORN DOG	1	280	28.00
000352 Tater Tots	8 pieces	1	150	18.99
000170 Peas	1/2 CUP	1	99	14.06
990124 Blueberry Fluff	1/2 CUP	1	217	38.10
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			868	117.01
% of Calories				53.9%
Weekly Nutrient Guideline			550 - 650	

Tuesday - 08/29/2023

Reimbursable Meal Total 1

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Aug 21, 2023 thru Aug 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000910 Chicken Sandwich Ele	SANDWICH	1	341	43.07
000172 Baked Beans	1/2 CUP	1	139	32.05
000884 Cucumber Salad	SERVINGS	1	30	7.37
000434 Melon Wedges	1/2 CUP	1	29	7.05
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			660	107.40
% of Calories				65.1%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 08/30/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
990054 Chicken Drumstick Elem	4.75oz	1	220	8.00
000908 Hot Roll	ROLL	1	176	31.90
000458 Mashed Potatoes & Gravy	1/2 CUP	1	67	14.12
001169 Fruit Salad Fresh	1/2 cup	1	41	10.11
990058 Rainbow Veggies	1/2 CUP	1	4	0.85

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Aug 21, 2023 thru Aug 31, 2023

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			625	81.98
% of Calories				52.5%
Weekly Nutrient Guideline			550 - 650	

Thursday - 08/31/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
001033 Taco Soft/Crunchy	1/2 CUP	1	338	18.35
000416 Shredded Lettuce/Cheese	SERVING	1	114	0.84
990095 Santa Fe Vegetable Blend	1/2 CUP	1	82	14.08
000123 Jello w/Fruit	4 OZ	1	122	30.97
990058 Rainbow Veggies	1/2 CUP	1	4	0.85
000489 Milk Variety	CARTON	1	118	17.00
Weighted Daily Average			777	82.10
% of Calories				42.3%
Weekly Nutrient Guideline			550 - 650	

			Cals ¹ (kcal)	Carb (g)
Weighted Averages			710	93.93

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% of Calories				52.9%
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**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.