

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

Menu Name: ELEMENTARY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Monday - 03/02/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000181 GRILLED CHEESE SANDWICH	SANDWICH	1	344	*9	30.00
000478 CHICKEN NOODLE SOUP (canned)	6 OZ	1	99	0	10.76
001053 CARROTS BABY & DIP	3/4 CUP	1	108	4	7.59
000419 MIXED FRUIT COCKTAIL	1/2 CUP	1	68	*N/A*	17.88
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			769	*35	90.23
% of Calories				*18.2%	46.9%
Weekly Nutrient Guideline			550 - 650		

Tuesday - 03/03/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000893 CORN DOG	CORN DOG	1	280	9	31.00
000454 VEGE BLEND CATALINA	4 OZ	1	40	3	6.67
000155 ORANGE	ORANGE	1	62	12	15.39
001186 MILK	CARTON	1	150	22	24.00

Base Menu Spreadsheet

Portion Values

CHOCOLATE 1%					
Weighted Daily Average			532	46	77.06
% of Calories				34.6%	57.9%
Weekly Nutrient Guideline			550 - 650		

Wednesday - 03/04/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000910 CHICKEN SANDWICH ELE	SANDWICH	1	317	4	35.00
000350 FRIES CURLEY SEASONED	4 OZ SERVING	1	200	*N/A*	26.68
000999 FRIES KK GENERATION 7.5"	4 OZ SERVING	1	243	1	35.10
000064 APPLE	APPLE	1	72	14	19.06
Weighted Daily Average			832	*19	115.84
% of Calories				*9.1%	55.7%
Weekly Nutrient Guideline			550 - 650		

Thursday - 03/05/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
001033 TACO w/SOFT & CRUNCHY SHELLS	1/2 CUP	1	319	*1	17.36
000416 SHREDDED LETTUCE & CHEESE	SERVING	1	95	1	1.85
000750 Black Bean Salsa	1/2 cup	1	148	*2	28.95

Base Menu Spreadsheet

Portion Values

000155 ORANGE	ORANGE	1	62	12	15.39
Weighted Daily Average			623	*15	63.55
% of Calories				*9.6%	40.8%
Weekly Nutrient Guideline			550 - 650		

Friday - 03/06/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000635 PIZZA BIG DADDY W/ PEPPERONI	SLICE	1	466	6	43.00
000858 PIZZA BIG DADDY BOLD	SLICE	1	400	6	43.00
000637 PIZZA BIG DADDY W/SAUSAGE CRUM	SLICE	1	456	*6	43.00
000307 BROCCOLI STEAMED W/CHEESE	1/2 CUP	1	61	2	6.22
000092 PINEAPPLE TIDBITS	1/2 CUP	1	81	*N/A*	15.12
000599 BLUEBERRY CRISP	1/2 CUP	1	203	*29	37.38
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			1816	*71	211.72
% of Calories				*15.6%	46.6%
Weekly Nutrient Guideline			550 - 650		

Monday - 03/09/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000161 HAMBURGER W/BUN ELEM	SANDWICH	1	248	3	23.00
000149 CHEESEBURGER W/BUN ELEM	SANDWICH	1	288	4	24.00
001148 POTATOE SMILES MCCAIN	4 OZ	1	213	0	33.35
000172 BAKED BEANS	1/2 CUP	1	139	*4	32.05
000092 PINEAPPLE TIDBITS	1/2 CUP	1	81	*N/A*	15.12
000333 APPLESAUCE	1/2 CUP	1	52	*N/A*	13.79
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			1171	*33	165.31
% of Calories				*11.3%	56.5%
Weekly Nutrient Guideline			550 - 650		

Tuesday - 03/10/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000914 CHICKEN NUGGETS ELE	5 PIECES	1	184	0	12.00
000908 DINNER ROLL DOUGH 2.2 OZ	ROLL	1	150	5	30.00
000458 MASHED POTATOES	1/2 CUP	1	64	*N/A*	13.62
000707 GRAVY	1/4 CUP	1	20	*0	2.96
000128 GREEN BEANS	1/2 CUP	1	31	*0	6.40
000154 GRAPES	1/2 CUP	1	31	7	7.89

Base Menu Spreadsheet

Portion Values

001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			629	*34	96.86
% of Calories				*21.6%	61.6%
Weekly Nutrient Guideline			550 - 650		

Wednesday - 03/11/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000194 HOT DOG W/BUN ELE	SANDWICH	1	230	5	23.00
001160 SUNCHIP ORIGINAL	PKG	1	140	2	18.00
000852 SUNCHIPS HARVEST CHEDDAR	PKG	1	140	*N/A*	19.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			660	*29	84.00
% of Calories				*17.6%	50.9%
Weekly Nutrient Guideline			550 - 650		

Thursday - 03/12/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000382 CHICKEN & NOODLES	8 OZ SERVINGS	1	254	*1	24.15
000908 DINNER ROLL DOUGH 2.2 OZ	ROLL	1	150	5	30.00

Base Menu Spreadsheet

Portion Values

000128 GREEN BEANS	1/2 CUP	1	31	*0	6.40
001169 FRUIT SALAD FRESH	1/2 cup	1	83	12	20.49
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			667	*40	105.04
% of Calories				*24.0%	63.0%
Weekly Nutrient Guideline			550 - 650		

Friday - 03/13/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000992 FISH STICKS BREADED	4 STICKS	1	210	1	22.00
000480 MACARONI AND CHEESE 1/2 CUP	1/2 CUP	1	284	*10	27.71
000170 PEAS	1/2 CUP	1	99	*0	14.27
000598 STRAWBERRY CUP	CUP	1	122	*N/A*	33.05
000615 STRAWBERRIES FRZN SLICED	1/2 CUP	1	122	*N/A*	33.05
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			987	*33	154.08
% of Calories				*13.4%	62.4%
Weekly Nutrient Guideline			550 - 650		

Monday - 03/16/2020

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
990055 Chicken Boneless Wings Chunks	4 wings	1	170	0	11.00
000793 BISCUIT WG MINI 1.25 OZ	BISCUIT	1	110	1	15.00
000384 CARROTS GLAZED	1/2 CUP	1	82	*5	15.16
000068 BANANA	BANANA	1	105	14	26.95
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			617	*42	92.12
% of Calories				*27.2%	59.7%
Weekly Nutrient Guideline			550 - 650		

Tuesday - 03/17/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000030 CHICKEN FAJITA	FAJITAS	1	365	*3	30.45
000750 Black Bean Salsa	1/2 cup	1	148	*2	28.95
000154 GRAPES	1/2 CUP	1	31	7	7.89
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			693	*34	91.28
% of Calories				*19.6%	52.7%
Weekly Nutrient Guideline			550 - 650		

Base Menu Spreadsheet

Portion Values

Mar 2, 2020 thru Mar 31, 2020

Wednesday - 03/18/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000372 SPAGHETTI W/MEAT SAUCE	SERVING	1	437	*9	42.00
000724 SALAD ROMAINE LETTUCE SIDE	SALAD	1	21	2	4.39
000357 PEACH CUP	CUP	1	80	*N/A*	19.00
001146 GARLIC TOAST	SLICE	1	160	0	17.00
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			848	*32	106.39
% of Calories				*15.1%	50.2%
Weekly Nutrient Guideline			550 - 650		

Monday - 03/30/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
990047 Cheese Bites	28 g	1	280	0	28.00
000364 HEALTHY CHOICE PASTA SAUCE	OZ	1	14	2	2.70
000169 MIXED VEGETABLES	1/2 CUP	1	51	*0	7.64
000108 CHERRY FLUFF	1/2 CUP	1	214	*27	37.37

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			708	*51	99.71
% of Calories				*28.8%	56.3%
Weekly Nutrient Guideline			550 - 650		

Tuesday - 03/31/2020

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000449 RAVIOLI CHEF BOYARDEE	CUP	1	250	*N/A*	30.00
000564 RAVIOLI TOASTED BEEF	4 PIECES	1	248	1	26.78
000387 VEGE BLEND CO GARDEN W/PASTA	4 OZ	1	107	*N/A*	20.01
000390 PEARS	1/2 CUP	1	58	*N/A*	15.10
001186 MILK CHOCOLATE 1%	CARTON	1	150	22	24.00
Weighted Daily Average			812	*23	115.89
% of Calories				*11.3%	57.1%
Weekly Nutrient Guideline			550 - 650		

			Cals ¹ (kcal)	Sugars (g)	Carb (g)
Weighted Averages			824	*36	111.27
% of Calories				*17.5%	54.0%

Base Menu Spreadsheet

Jefferson City School District

Portion Values

Mar 2, 2020 thru Mar 31, 2020

**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.*