

Base Menu Spreadsheet

Portion Values

Nov 1, 2019 thru Nov 26, 2019

Menu Name: ELEMENTARY LUNCH

Include Cost: No

Site:

Report Style: Detailed

Friday - 11/01/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000858 PIZZA BIG DADDY BOLD	SLICE	1	400	670	17.00	43.00	*N/A*
000635 PIZZA BIG DADDY W/ PEPPERONI	SLICE	1	466	938	23.58	43.00	*0.18
000637 PIZZA BIG DADDY W/SAUSAGE CRUM	SLICE	1	456	817	22.32	43.00	*N/A*
000724 SALAD ROMAINE LETTUCE SIDE	SALAD	1	21	19	0.29	4.39	0.81
000006 CORN BUTTERED	1/2 CUP	1	89	184	2.69	16.86	0.79
000155 ORANGE	ORANGE	1	62	0	0.16	15.39	0.13
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			1594	2748	68.53	176.65	*1.91
% of Calories					38.7%	44.3%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Monday - 11/04/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000893 CORN DOG	CORN DOG	1	280	660	13.00	31.00	*N/A*

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000350 FRIES CURLEY SEASONED	4 OZ SERVING	1	200	467	8.00	26.68	0.96
000999 FRIES KK GENERATION 7.5"	4 OZ SERVING	1	243	270	9.45	35.10	0.97
001002 FRIES THIN CUT	4 OZ SERVING	1	229	270	8.10	36.45	0.49
000172 BAKED BEANS	1/2 CUP	1	139	183	0.47	32.05	1.55
000390 PEARS	1/2 CUP	1	58	2	0.12	15.10	0.26
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			1250	1972	41.65	187.39	*4.23
% of Calories					30.0%	60.0%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Tuesday - 11/05/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000859 CHICKEN SWEET & SOUR W/RICE	SERVING	1	310	*891	*5.92	45.81	*0.97
000446 RICE BROWN LONG GRAIN	1/2 CUP	1	67	117	3.93	6.98	0.12
000307 BROCCOLI STEAMED W/CHEESE	1/2 CUP	1	61	147	2.33	6.22	0.92
000154 GRAPES	1/2 CUP	1	31	1	0.16	7.89	0.13

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			570	*1277	*14.84	77.89	*2.14
% of Calories					*23.4%	54.7%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Wednesday - 11/06/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000857 HOT ROLL ULTRAGRAIN	ROLL	1	231	*454	5.98	38.70	3.17
000908 DINNER ROLL DOUGH 2.2 OZ	ROLL	1	150	270	2.00	30.00	1.80
000384 CARROTS GLAZED	1/2 CUP	1	82	95	2.18	15.16	1.19
000123 JELLO W/FRUIT	4 OZ	1	120	57	0.03	30.03	0.34
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			683	*996	12.69	124.90	6.50
% of Calories					16.7%	73.1%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Thursday - 11/07/2019

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000541 BISCUIT & GRAVY	SERVING	1	300	1100	16.00	33.33	*1.08
000998 SAUSAGE LINK	2 LINKS	1	240	400	24.00	0.00	0.72
000843 HASH BROWN STIX	STIX	1	100	280	3.50	15.00	0.36
000437 PEACHES CN LIGHT SYRUP	1/2 CUP	1	53	6	0.13	13.39	0.38
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			793	1906	46.13	72.73	*2.54
% of Calories					52.4%	36.7%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Friday - 11/08/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
001131 BOSCO CHEESE BREADSTICK ELE	2 STICKS	1	300	460	9.00	32.00	2.16
000915 BOSCO STICKS PEPPERONI	2 STICKS	1	480	1000	18.00	58.00	3.60
000364 HEALTHY CHOICE PASTA SAUCE	OZ	1	14	83	0.00	2.70	0.24
000386 VEGETABLE BLEND CALIFORNIA	4 OZ	1	33	33	*N/A*	6.67	0.48
000092 PINEAPPLE TIDBITS	1/2 CUP	1	81	*N/A*	*N/A*	15.12	*N/A*

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000788 APPLE CRISP CN APPLES	1/2 CUP	1	199	*79	7.11	33.50	2.06
Weighted Daily Average			1106	*1656	*34.11	147.99	*8.54
% of Calories					*27.8%	53.5%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Monday - 11/11/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000161 HAMBURGER W/BUN ELEM	SANDWICH	1	248	329	9.50	23.00	1.62
000149 CHEESEBURGER W/BUN ELEM	SANDWICH	1	288	479	12.00	24.00	1.62
001148 POTATOE SMILES MCCAIN	4 OZ	1	213	307	8.00	33.35	0.96
000064 APPLE	APPLE	1	72	1	0.23	19.06	0.17
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			921	1236	32.24	110.41	4.37
% of Calories					31.5%	48.0%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Tuesday - 11/12/2019

Reimbursable Meal Total 1

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Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000449 RAVIOLI CHEF BOYARDEE	CUP	1	250	690	8.00	30.00	2.70
000724 SALAD ROMAINE LETTUCE SIDE	SALAD	1	21	19	0.29	4.39	0.81
000006 CORN BUTTERED	1/2 CUP	1	89	184	2.69	16.86	0.79
000434 MELON WEDGES	1/2 CUP	1	29	14	0.13	7.05	0.15
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			489	1027	13.61	69.30	4.45
% of Calories					25.0%	56.7%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Wednesday - 11/13/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000914 CHICKEN NUGGETS ELE	5 PIECES	1	184	400	8.00	12.00	2.00
000793 BISCUIT WG MINI 1.25 OZ	BISCUIT	1	110	250	5.00	15.00	0.36
000172 BAKED BEANS	1/2 CUP	1	139	183	0.47	32.05	1.55
000532 PUDDING W/BANANAS	1/2 CUP	1	125	75	1.50	25.37	0.21

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Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			659	1028	17.48	95.42	4.13
% of Calories					23.9%	57.9%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Thursday - 11/14/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000485 TURKEY ROAST W/GRAVY	1/2 CUP	1	204	*830	6.85	8.83	2.25
000857 HOT ROLL ULTRAGRAIN	ROLL	1	231	*454	5.98	38.70	3.17
000908 DINNER ROLL DOUGH 2.2 OZ	ROLL	1	150	270	2.00	30.00	1.80
000458 MASHED POTATOES	1/2 CUP	1	64	248	0.80	13.62	0.29
000707 GRAVY	1/4 CUP	1	20	288	0.49	2.96	0.00
000128 GREEN BEANS	1/2 CUP	1	31	311	0.28	6.40	1.29
000419 MIXED FRUIT COCKTAIL	1/2 CUP	1	68	8	0.10	17.88	0.36
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			867	*2529	19.01	129.38	9.16
% of Calories					19.7%	59.7%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

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Nov 1, 2019 thru Nov 26, 2019

Friday - 11/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000858 PIZZA BIG DADDY BOLD	SLICE	1	400	670	17.00	43.00	*N/A*
000635 PIZZA BIG DADDY W/ PEPPERONI	SLICE	1	466	938	23.58	43.00	*0.18
000637 PIZZA BIG DADDY W/SAUSAGE CRUM	SLICE	1	456	817	22.32	43.00	*N/A*
001053 CARROTS BABY & DIP	3/4 CUP	1	108	352	8.10	7.59	0.71
000123 JELLO W/FRUIT	4 OZ	1	120	57	0.03	30.03	0.34
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			1650	2954	73.53	177.63	*1.23
% of Calories					40.1%	43.1%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Monday - 11/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
990047 Cheese Bites	28 g	1	280	540	12.00	28.00	8.00
000364 HEALTHY CHOICE PASTA SAUCE	OZ	1	14	83	0.00	2.70	0.24
000615 STRAWBERRIES FRZN SLICED	1/2 CUP	1	122	4	0.17	33.05	0.76

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			515	747	14.67	74.75	9.00
% of Calories					25.6%	58.1%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Tuesday - 11/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000030 CHICKEN FAJITA	FAJITAS	1	365	640	18.76	30.45	0.14
000416 SHREDDED LETTUCE & CHEESE	SERVING	1	95	215	6.11	1.85	*0.12
000750 Black Bean Salsa	1/2 cup	1	148	337	0.86	28.95	8.95
000155 ORANGE	ORANGE	1	62	0	0.16	15.39	0.13
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			769	1312	28.39	87.64	*9.34
% of Calories					33.2%	45.6%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Wednesday - 11/20/2019

Reimbursable Meal Total 1

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Portion Values

Nov 1, 2019 thru Nov 26, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000194 HOT DOG W/BUN ELE	SANDWICH	1	230	840	9.50	23.00	2.88
001160 SUNCHIP ORIGINAL	PKG	1	140	120	6.00	18.00	0.36
000852 SUNCHIPS HARVEST CHEDDAR	PKG	1	140	200	6.00	19.00	0.36
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			610	1280	24.00	71.00	3.60
% of Calories					35.4%	46.6%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Thursday - 11/21/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000039 SLOPPY JOE BUN	SERVING	1	316	285	12.90	26.42	3.82
000350 FRIES CURLEY SEASONED	4 OZ SERVING	1	200	467	8.00	26.68	0.96
000999 FRIES KK GENERATION 7.5"	4 OZ SERVING	1	243	270	9.45	35.10	0.97
001002 FRIES THIN CUT	4 OZ SERVING	1	229	270	8.10	36.45	0.49
000154 GRAPES	1/2 CUP	1	31	1	0.16	7.89	0.13

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			1120	1413	41.12	143.54	6.37
% of Calories					33.0%	51.3%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

Friday - 11/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
001131 BOSCO CHEESE BREADSTICK ELE	2 STICKS	1	300	460	9.00	32.00	2.16
000915 BOSCO STICKS PEPPERONI	2 STICKS	1	480	1000	18.00	58.00	3.60
000364 HEALTHY CHOICE PASTA SAUCE	OZ	1	14	83	0.00	2.70	0.24
000724 SALAD ROMAINE LETTUCE SIDE	SALAD	1	21	19	0.29	4.39	0.81
000390 PEARS	1/2 CUP	1	58	2	0.12	15.10	0.26
000317 MILK 1% WHITE	CARTON	1	100	120	2.50	11.00	0.00
Weighted Daily Average			973	1684	29.91	123.20	7.07
% of Calories					27.7%	50.6%	
Weekly Nutrient Guideline			550 - 650	1230	<=0		

	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Iron (mg)
Weighted Averages	911	*1610	*31.99	116.86	*5.29

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% of Calories					*31.6%	51.3%	
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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.