

Base Menu Spreadsheet

Portion Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: Elementary Lunch

Include Cost: No

Site:

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
990065 Toasted Ravioli Platter	4 Rav/3 Mozz	1	1711	194.11	13.53
000364 Marinara Sauce	2 oz servings	1	28	5.62	0.50
000128 Green Beans	1/2 CUP	1	31	6.40	1.29
000788 Apple Crisp CN	1/2 CUP	1	173	27.00	0.54
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			2060	250.12	15.87
% of Calories				48.6%	
Weekly Nutrient Guideline			550 - 650		

Thursday - 09/02/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001150 Chicken Alfredo	2/3 CUP	1	340	35.51	2.30
000454 Vegetable Catalina	4 OZ	1	40	6.67	0.96
000908 Hot Roll	ROLL	1	150	30.00	1.80
000334 Strawberries	1/2 CUP	1	24	5.84	0.31

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000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			671	95.02	5.37
% of Calories				56.6%	
Weekly Nutrient Guideline			550 - 650		

Friday - 09/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000858 Pizza	SLICE	1	400	43.00	*N/A*
000724 Romaine Salad	Salad	1	27	5.69	0.70
000386 Vegetable California	4 OZ	1	33	6.67	0.48
000068 Banana	BANANA	1	105	26.95	0.31
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			683	99.31	*1.49
% of Calories				58.2%	
Weekly Nutrient Guideline			550 - 650		

Monday - 09/06/2021

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
990068 No School	PKG	1	*N/A*	*N/A*	*N/A*
Weighted Daily Average			0	0	0
% of Calories				0%	
Weekly Nutrient Guideline			550 - 650		

Tuesday - 09/07/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000161 Hamburger w/Bun Ele	SANDWICH	1	248	23.00	1.62
001148 Potato Smiles	4 OZ	1	213	33.35	0.67
000172 Baked Beans	1/2 CUP	1	139	32.05	1.55
000419 Fruit Cocktail	1/2 CUP	1	60	14.99	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			778	120.40	3.84
% of Calories				61.9%	
Weekly Nutrient Guideline			550 - 650		

Wednesday - 09/08/2021

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
990055 Chicken Boneless Wings Elem	4 wings	1	168	13.64	4.81
001147 Breadstick Wheat	BREADSTICK	1	80	16.00	1.44
000307 Broccoli Steamed	1/2 CUP	1	62	6.23	*0.92
000092 Pineapple Tidbits	1/2 CUP	1	81	15.12	*N/A*
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			509	67.99	*7.17
% of Calories				53.4%	
Weekly Nutrient Guideline			550 - 650		

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001033 Taco Soft/Crunchy	1/2 CUP	1	319	17.36	*2.84
000416 Shredded Lettuce/Cheese	SERVING	1	95	1.85	*0.12
000006 Corn	1/2 CUP	1	105	22.35	1.05
000115 Jello Apples	APPLE	1	87	22.65	0.17

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			723	81.21	*4.18
% of Calories				44.9%	
Weekly Nutrient Guideline			550 - 650		

Friday - 09/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001131 Bosco Breadsticks Ele	2 STICKS	1	300	32.00	2.16
000364 Marinara Sauce	2 oz servings	1	28	5.62	0.50
000387 Veg Blend w/Garden Pasta	4 OZ	1	107	20.01	0.96
000346 Watermelon	1/2 CUP	1	23	5.74	0.18
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			575	80.37	3.81
% of Calories				55.9%	
Weekly Nutrient Guideline			550 - 650		

Monday - 09/13/2021

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000382 Chicken Noodles	8 OZ SERVINGS	1	266	24.15	*0.77
000908 Hot Roll	ROLL	1	150	30.00	1.80
000128 Green Beans	1/2 CUP	1	31	6.40	1.29
000437 Peaches	1/2 CUP	1	30	7.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			594	84.55	*3.86
% of Calories				56.9%	
Weekly Nutrient Guideline			550 - 650		

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000566 Egg Scrambled	cup	1	339	3.01	3.99
001059 Biscuit	BISCUIT	1	180	23.26	1.48
000441 Hashbrown Patty	Patty	1	130	14.00	0.36
000998 Sausage Link	2 LINKS	1	240	0.00	0.72
000155 Orange	ORANGE	1	62	15.39	0.13

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			1068	72.66	6.68
% of Calories				27.2%	
Weekly Nutrient Guideline			550 - 650		

Wednesday - 09/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000194 Hot Dog Ele	SANDWICH	1	230	23.00	2.88
000852 Sunchip Cheddar	PKG	1	140	19.00	0.36
001053 Carrot/Dip	3/4 CUP	1	108	7.59	0.71
000333 Applesauce	1/2 CUP	1	72	19.18	0.19
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			668	85.77	4.14
% of Calories				51.4%	
Weekly Nutrient Guideline			550 - 650		

Thursday - 09/16/2021

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000609 Manwich w/Tostito Scoops	Serving	1	307	24.75	2.96
000453 Vegetable Tuscan	4 OZ	1	40	6.67	0.00
000836 Bean Salad Three	1/2 CUP	1	135	18.95	1.78
000419 Fruit Cocktail	1/2 CUP	1	60	14.99	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			659	82.36	4.74
% of Calories				50.0%	
Weekly Nutrient Guideline			550 - 650		

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000858 Pizza	SLICE	1	400	43.00	*N/A*
000724 Romaine Salad	Salad	1	27	5.69	0.70
990058 Rainbow Veggies	1/2 CUP	1	4	0.85	0.05
000118 Salad Strawberry	1/2 CUP	1	155	36.64	*0.51

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			703	103.19	*1.27
% of Calories				58.7%	
Weekly Nutrient Guideline			550 - 650		

Monday - 09/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000477 Chicken General Tso/Rice	SERVING	1	429	44.25	*0.12
000307 Broccoli Steamed	1/2 CUP	1	62	6.23	*0.92
000390 Pears	1/2 CUP	1	30	8.00	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			638	75.48	*1.03
% of Calories				47.3%	
Weekly Nutrient Guideline			550 - 650		

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
001097 Turkey Club Sandwich	Sandwich	1	221	23.42	*1.80

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000384 Carrots Glazed	1/2 CUP	1	82	15.16	1.19
000419 Fruit Cocktail	1/2 CUP	1	60	14.99	0.00
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			480	70.58	*2.99
% of Calories				58.8%	
Weekly Nutrient Guideline			550 - 650		

Wednesday - 09/22/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000030 Chicken Fajita	FAJITAS	1	373	30.45	0.72
000416 Shredded Lettuce/Cheese	SERVING	1	95	1.85	*0.12
000750 Black Bean Salsa	1/2 cup	1	148	28.95	8.95
000155 Orange	ORANGE	1	62	15.39	0.13
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			794	93.64	*9.92
% of Calories				47.2%	
Weekly Nutrient Guideline			550 - 650		

Thursday - 09/23/2021

Reimbursable Meal Total 1

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000645 Cheeseburger Mac	SERVINGS	1	474	34.06	*2.64
000170 Peas	1/2 CUP	1	99	14.67	1.92
000724 Romaine Salad	Salad	1	27	5.69	0.70
000154 Grapes	1/2 CUP	1	31	7.89	0.13
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			748	79.32	*5.39
% of Calories				42.4%	
Weekly Nutrient Guideline			550 - 650		

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000914 Chicken Nuggets Ele	5 Pieces	1	178	12.86	0.00
001059 Biscuit	BISCUIT	1	180	23.26	1.48
000006 Corn	1/2 CUP	1	105	22.35	1.05
000434 Melon Wedges	1/2 CUP	1	29	7.05	0.15

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			609	82.50	2.68
% of Calories				54.2%	
Weekly Nutrient Guideline			550 - 650		

Monday - 09/27/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000910 Chicken Sandwich Ele	SANDWICH	1	320	35.00	11.44
000999 Fries	4 OZ SERVING	1	243	35.10	0.97
001053 Carrot/Dip	3/4 CUP	1	108	7.59	0.71
000092 Pineapple Tidbits	1/2 CUP	1	81	15.12	*N/A*
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			869	109.81	*13.12
% of Calories				50.5%	
Weekly Nutrient Guideline			550 - 650		

Tuesday - 09/28/2021

Reimbursable Meal Total 1

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000466 Pig in Blanket Ele	SERVINGS	1	380	30.00	1.08
001172 Vegetable Sonoma	4 OUNCE	1	47	8.00	0.96
000334 Strawberries	1/2 CUP	1	24	5.84	0.31
000160 Cookie Chocolate Chip	COOKIE	1	197	26.93	*1.29
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			765	87.77	*3.64
% of Calories				45.9%	
Weekly Nutrient Guideline			550 - 650		

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
990054 Chicken Drumstick	4.75oz	1	210	8.00	6.00
000458 Mashed Potatoes	1/2 CUP	1	64	13.62	0.29
000707 Gravy	1/4 CUP	1	20	2.96	0.00
000006 Corn	1/2 CUP	1	105	22.35	1.05
000108 Cherry Fluff	1/2 CUP	1	214	37.37	*0.01

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			730	101.29	*7.35
% of Calories				55.5%	
Weekly Nutrient Guideline			550 - 650		

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)	Iron (mg)
000372 Spaghetti w/Meatsauce	SERVING	1	437	42.00	5.04
001146 Garlic Toast	SLICE	1	160	17.00	0.36
000128 Green Beans	1/2 CUP	1	31	6.40	1.29
000346 Watermelon	1/2 CUP	1	23	5.74	0.18
000489 Milk Variety	CARTON	1	118	17.00	0.00
Weighted Daily Average			768	88.14	6.88
% of Calories				45.9%	
Weekly Nutrient Guideline			550 - 650		

			Cals ¹ (kcal)	Carb (g)	Iron (mg)
Weighted Averages			731	91.43	*5.25
% of Calories				50.0%	

Base Menu Spreadsheet

Jefferson City School District

Portion Values

Sep 1, 2021 thru Sep 30, 2021

**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.*