

Base Menu Spreadsheet

Weighted Values

Sep 1, 2021 thru Sep 30, 2021

Menu Name: Elementary Lunch Menu

Include Cost: No

Site: All Sites

Report Style: Detailed

Wednesday - 09/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	480	28.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
000243 Dip Sauce, ss/hm/bbq, NK243	1 Serving	1	33	7.26
900726 Potatoes, Mashed	1/2 cup	1	90	17.00
900479 Broccoli Florets, stmd	1/2 Cup	1	19	3.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			1630	174.16
% of Calories				42.7%
Weekly Nutrient Guideline			550 - 650	

Thursday - 09/02/2021

Reimbursable Meal Total 1

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900883 Pizza Cruncher	4 oz	1	420	41.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1647	192.03
% of Calories				46.6%
Weekly Nutrient Guideline			550 - 650	

Tuesday - 09/07/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000108 BBQ Pork Sandwich-USDA-NK108	4 oz. Serving	1	347	29.37
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900728 Potatoes, Sweet, Cut, Canned	1/2 cup	1	102	24.59
900284 Mixed Vegetables NK900284 USDA	1/2 Cup	1	59	11.91
000249 Fruit, assorted (1/2	1/2 Cup	1	67	16.20

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C) NK249				
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1948	273.98
% of Calories				56.3%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 09/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000118 Spaghetti, baked-NK118	1 Cup	1	548	48.02
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000173 Garlic Toast WG (1) - NK173	1 Slice	1	160	5.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000214 Carnival Cookie - NK214	1 Cookie	1	100	17.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1841	194.08
% of Calories				42.2%
Weekly Nutrient Guideline			550 - 650	

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Sep 1, 2021 thru Sep 30, 2021

Thursday - 09/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000688 Hot Dog Bun, White Wheat	1 Hotdog	1	132	23.68
900615 Hot Dog, beef, no bun	hot dog	1	180	1.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
000016 Baked Beans	1/2 Cup	1	160	37.40
000406 Pasta Salad 3/4 C-NK406	3/4 CUP	1	136	22.22
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			2048	292.41
% of Calories				57.1%
Weekly Nutrient Guideline			550 - 650	

Friday - 09/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	41.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	32.01

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000278 Pizza, Pepperoni 4x6	1 Slice	1	328	30.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2238	254.04
% of Calories				45.4%
Weekly Nutrient Guideline			550 - 650	

Monday - 09/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000859 Ham & Cheese Croissant 7-12	Sandwich	1	572	58.07
001076 Turkey/Cheese Croissant, NK1076	1 Sandwich	1	269	23.76
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900545 Chips, Doritos Nacho Cheese	1 Bag	1	130	20.00
000937 Tomatoes, Grape, USDA	8 Tomatoes	1	6	1.86
000249 Fruit, assorted (1/2	1/2 Cup	1	67	16.20

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C) NK249				
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2417	311.81
% of Calories				51.6%
Weekly Nutrient Guideline			550 - 650	

Tuesday - 09/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900099 Cheese Sticks, brd (2)	2 Sticks	1	330	32.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
000866 Potato Wedges, seasoned NK866	1/2 Cup	1	115	23.75
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000019 Brownie, whole grain, wrapped	1 Brownie	1	124	21.99
Weighted Daily Average			2034	291.86
% of Calories				57.4%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 09/15/2021

Reimbursable Meal Total 4500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
001006 Turkey Roast (NK900414) 2 oz.	2 oz. sliced	1	0	0.00
000626 SB & J Sand. (2)	2 Sandwiches	500	75	7.26
900667 Okra, Breaded, FZN 1/2 cup	1/2 cup	1	0	0.00
900272 Potatoes, mashed - NK900272	1/2 CUP	2000	33	6.62
900073 Gravy Mix, Brown, 2 Tbsp	2 Tbsp.	1000	15	1.95
900064 WW Roll 2oz NK900064 Item14018	2 oz. Roll	2000	76	12.89
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	2000	30	7.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1500	37	4.33

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	2500	85	13.05
Weighted Daily Average			351	53.31
% of Calories				60.8%
Weekly Nutrient Guideline			550 - 650	

Thursday - 09/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900524 Chicken, Patty brd whole muscl	patty	1	220	17.00
000786 Chicken Patty, spicy NK786	1 Patty	1	225	1.96
000585 Hamburger Bun, WW	Bun	1	163	29.37
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900590 Fries, French 3/8" crkl cut	1/2 cup	1	80	14.89
000549 Carrots w/ Dip - NK065 (K-8)	1/2 Cup	1	25	5.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			1721	187.12
% of Calories				43.5%
Weekly Nutrient Guideline			550 - 650	

Friday - 09/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	41.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	32.01
000278 Pizza, Pepperoni 4x6	1 Slice	1	328	30.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2238	254.04
% of Calories				45.4%
Weekly Nutrient Guideline			550 - 650	

Monday - 09/20/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900557 Corn Dog, Chicken	1 each	1	240	30.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
000275 Macaroni and Cheese - NK275	2/3 CUP	1	336	17.60
000065 Carrots w/ Dip - NK065 (9-12)	1 Serving	1	157	13.44
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2173	269.15
% of Calories				49.5%
Weekly Nutrient Guideline			550 - 650	

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Sep 1, 2021 thru Sep 30, 2021

Tuesday - 09/21/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900126 Chicken Quesadilla - Purchased	1 Quesadilla	1	299	31.93
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
900451 Beans, Pinto	1/2 cup	1	90	16.00
000081 Salsa, canned	1/4 Cup	1	21	4.26
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1173	194.93
% of Calories				66.5%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 09/22/2021

Reimbursable Meal Total 4501

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000984 Pasta Alfredo - NK124	1 Cup	2500	188	25.21
000985 Chicken strips, USDA seasoned	2 oz. Servings	1000	16	0.13
000626 SB & J Sand. (2)	2 Sandwiches	1	0	0.01
900479 Broccoli Florets, stmd	1/2 Cup	1	0	0.00

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000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	0	0.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1500	51	7.83
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	2500	61	7.22
000215 Cookie, choc. chip + 1 other	1 Cookie	3000	75	12.00
Weighted Daily Average			392	52.41
% of Calories				53.5%
Weekly Nutrient Guideline			550 - 650	

Thursday - 09/23/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900676 Pancake, Mini Maple Flavor	1 Bag	1	210	35.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	190	0.00
900325 Potato Rounds	1/2 C, 8 pieces	1	130	16.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1293	193.74
% of Calories				59.9%
Weekly Nutrient Guideline			550 - 650	

Friday - 09/24/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	41.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	32.01
000278 Pizza, Pepperoni 4x6	1 Slice	1	328	30.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

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Weighted Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2238	254.04
% of Calories				45.4%
Weekly Nutrient Guideline			550 - 650	

Monday - 09/27/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000398 Wings, chicken hot (K-12)	5 Wings	1	135	0.85
000626 SB & J Sand. (2)	2 Sandwiches	1	339	32.69
900593 Fries, Sweet Potato	serving	1	50	8.00
000266 Celery Sticks w/ dip - NK266	1 Serving	1	38	3.00
900742 Roll, Whole Wheat, 2 oz	each	1	85	14.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	33	8.10
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	55	6.50
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	77	11.75
Weighted Daily Average			812	85.38
% of Calories				42.1%
Weekly Nutrient Guideline			550 - 650	

Base Menu Spreadsheet

Weighted Values

Sep 1, 2021 thru Sep 30, 2021

Tuesday - 09/28/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000305 Nachos w/ Beef NK305	1 Serving	1	208	0.68
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
900455 Beans, Refried, Vegetarian	1/2 cup	1	115	18.27
000677 Lettuce/Tomato/Salsa	1 Portion	1	24	5.07
001016 Cheese, Shrd. Chedd USDA	1 ounce	1	115	0.36
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1226	167.12
% of Calories				54.5%
Weekly Nutrient Guideline			550 - 650	

Wednesday - 09/29/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
000475 Sweet & Sour Chicken - NK475	2 oz. Serving	1	497	29.59
000917 Asian Fried Rice - PRK	1/2 Cup	1	66	12.51
900479 Broccoli Florets, stmd	1/2 Cup	1	19	3.84

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000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			913	98.64
% of Calories				43.2%
Weekly Nutrient Guideline			550 - 650	

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Carb (g)
900883 Pizza Cruncher	4 oz	1	420	41.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	65.37
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1647	192.03
% of Calories				46.6%
Weekly Nutrient Guideline			550 - 650	

Base Menu Spreadsheet

Weighted Values

Sep 1, 2021 thru Sep 30, 2021

			Cals ¹ (kcal)	Carb (g)
Weighted Averages			1599	199.31
% of Calories				49.9%

**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.