

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

Menu Name: Elementary Lunch Menu
Site: All Sites

Include Cost: No
Report Style: Detailed

Wednesday - 12/01/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000585 Hamburger Bun, WW	Bun	1	163	2.18	29.37	5.44
000941 Hamburger Patty,all beef	1 Burger	1	354	17.68	30.07	17.44
900098 Cheese Slices (2) - NK900098	1 Slice	1	111	9.11	1.01	5.06
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900591 French Fries-straight NK900591	1 Serving-16 pc	1	110	4.50	16.00	1.00
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	0.00	6.00	1.00
900260 Lettuce and Tomato	Portion	1	8	0.11	1.55	0.46
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			1779	75.76	202.06	69.89
% of Calories				38.3%	45.4%	15.7%
Weekly Nutrient Guideline			550 - 650	<=0		

Thursday - 12/02/2021

Reimbursable Meal Total 1

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Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900886 Pull-Apart Cheese Filled Italian	109g	1	300	13.00	32.00	14.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900325 Potato Rounds	1/2 C, 8 pieces	1	130	7.00	16.00	1.00
000206 Green Peas, frz., 1/2C - NK206	1/2 Cup Frz.	1	62	0.22	11.41	4.12
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000019 Brownie, whole grain, wrapped	1 Brownie	1	124	3.32	21.99	1.33
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
Weighted Daily Average			2488	76.05	379.56	81.29
% of Calories				27.5%	61.0%	13.1%
Weekly Nutrient Guideline			550 - 650	<=0		

Friday - 12/03/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	14.00	41.00	18.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	14.20	32.01	16.91

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000278 Pizza, Pepperoni 4x6	1 Slice	1	328	16.00	30.00	18.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900561 Corn, WK FRZ	1/2 cup	1	93	0.67	21.35	2.67
000738 Tossed Salad (1 Cup)	1 Serving	1	126	7.80	11.63	1.98
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			2238	94.85	254.04	97.04
% of Calories				38.1%	45.4%	17.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Monday - 12/06/2021

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000398 Wings, chicken hot (K-12)	5 Wings	1	135	9.30	0.85	12.68
000626 SB & J Sand. (2)	2 Sandwiches	1	339	18.68	32.69	10.51
900593 Fries, Sweet Potato	serving	1	50	1.75	8.00	0.50
900662 Mixed Vegetables, canned	1/2 cup	1	20	0.00	3.96	0.44
900742 Roll, Whole Wheat, 2 oz	each	1	85	1.50	14.50	3.50
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	33	0.03	8.10	0.27
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	55	1.25	6.50	4.00

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000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	77	1.13	11.75	4.97
Weighted Daily Average			794	33.64	86.33	36.86
% of Calories				38.1%	43.5%	18.6%
Weekly Nutrient Guideline			550 - 650	<=0		

Tuesday - 12/07/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000688 Hot Dog Bun, White Wheat	1 Hotdog	1	132	1.75	23.68	4.39
900615 Hot Dog, beef, no bun	hot dog	1	180	16.00	1.00	7.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
000016 Baked Beans	1/2 Cup	1	160	0.51	37.40	5.96
000406 Pasta Salad 3/4 C-NK406	3/4 CUP	1	136	3.58	22.22	4.30
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
Weighted Daily Average			2480	74.35	382.46	82.49
% of Calories				27.0%	61.7%	13.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Wednesday - 12/08/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000118 Spaghetti, baked-NK118	1 Cup	1	548	25.81	48.02	31.04
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	0.00	6.00	1.00
000173 Garlic Toast WG (1) - NK173	1 Slice	1	160	15.00	5.00	3.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000214 Carnival Cookie - NK214	1 Cookie	1	100	3.00	17.00	1.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			1841	86.00	194.08	75.52
% of Calories				42.0%	42.2%	16.4%
Weekly Nutrient Guideline			550 - 650	<=0		

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Thursday - 12/09/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	480	24.00	28.00	36.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
000243 Dip Sauce, ss/hm/bbq, NK243	1 Serving	1	33	0.16	7.26	0.00
900726 Potatoes, Mashed	1/2 cup	1	90	1.50	17.00	2.00
900479 Broccoli Florets, stmd	1/2 Cup	1	19	0.00	3.84	0.96
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
Weighted Daily Average			2062	73.01	264.21	89.12
% of Calories				31.9%	51.3%	17.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Friday - 12/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	14.00	41.00	18.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	14.20	32.01	16.91

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000278 Pizza, Pepperoni 4x6	1 Slice	1	328	16.00	30.00	18.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900561 Corn, WK FRZ	1/2 cup	1	93	0.67	21.35	2.67
000738 Tossed Salad (1 Cup)	1 Serving	1	126	7.80	11.63	1.98
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			2238	94.85	254.04	97.04
% of Calories				38.1%	45.4%	17.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Monday - 12/13/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900557 Corn Dog, Chicken	1 each	1	240	8.00	30.00	9.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
000275 Macaroni and Cheese - NK275	2/3 CUP	1	336	21.38	17.60	18.44
000065 Carrots w/ Dip - NK065 (9-12)	1 Serving	1	157	10.09	13.44	1.45
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00

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Dec 1, 2021 thru Dec 17, 2021

Weighted Daily Average			1741	81.65	179.10	68.37
% of Calories				42.2%	41.1%	15.7%
Weekly Nutrient Guideline			550 - 650	<=0		

Tuesday - 12/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900524 Chicken, Patty brd whole muscl	patty	1	220	8.00	17.00	18.00
000786 Chicken Patty, spicy NK786	1 Patty	1	225	12.74	1.96	14.70
000585 Hamburger Bun, WW	Bun	1	163	2.18	29.37	5.44
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900590 Fries, French 3/8" crkl cut	1/2 cup	1	80	2.29	14.89	1.14
000549 Carrots w/ Dip - NK065 (K-8)	1/2 Cup	1	25	0.09	5.84	0.45
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
Weighted Daily Average			2153	72.65	277.17	89.90
% of Calories				30.4%	51.5%	16.7%
Weekly Nutrient Guideline			550 - 650	<=0		

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Weighted Values

Dec 1, 2021 thru Dec 17, 2021

Wednesday - 12/15/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000280 Pizza - Mexican Fiestada	1 Slice	1	360	14.00	41.00	18.00
000721 Pizza, Cheese 4x6	1 Slice	1	323	14.20	32.01	16.91
000278 Pizza, Pepperoni 4x6	1 Slice	1	328	16.00	30.00	18.00
000626 SB & J Sand. (2)	2 Sandwiches	1	677	37.35	65.37	21.01
900561 Corn, WK FRZ	1/2 cup	1	93	0.67	21.35	2.67
000738 Tossed Salad (1 Cup)	1 Serving	1	126	7.80	11.63	1.98
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	0.07	16.20	0.53
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			2238	94.85	254.04	97.04
% of Calories				38.1%	45.4%	17.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Thursday - 12/16/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900219 Deli Croissant, turkey	1 Sandwich	1	149	4.64	14.13	12.38
001089 Deli Croissant, ham	1 Sandwich	1	182	8.63	14.21	11.84

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900545 Chips, Doritos Nacho Cheese	1 Bag	1	130	5.00	20.00	2.00
900092 Carrots, baby, raw (K-5)	1/2 Cup	1	25	0.09	5.84	0.45
000263 Fruit or Juice	1/2 Cup	1	63	0.11	15.95	0.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			812	23.24	106.62	45.31
% of Calories				25.8%	52.5%	22.3%
Weekly Nutrient Guideline			550 - 650	<=0		

Friday - 12/17/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900219 Deli Croissant, turkey	1 Sandwich	1	149	4.64	14.13	12.38
001089 Deli Croissant, ham	1 Sandwich	1	182	8.63	14.21	11.84
900545 Chips, Doritos Nacho Cheese	1 Bag	1	130	5.00	20.00	2.00
900092 Carrots, baby, raw (K-5)	1/2 Cup	1	25	0.09	5.84	0.45
000263 Fruit or Juice	1/2 Cup	1	63	0.11	15.95	0.70
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94

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Weighted Values

Dec 1, 2021 thru Dec 17, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	2.50	13.00	8.00
Weighted Daily Average			812	23.24	106.62	45.31
% of Calories				25.8%	52.5%	22.3%
Weekly Nutrient Guideline			550 - 650	<=0		

			Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
Weighted Averages			1821	69.55	226.18	75.01
% of Calories				34.4%	49.7%	16.5%

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.