

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

Menu Name: High School 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)
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			750 - 850	<=30		

Thursday - 12/02/2021

Reimbursable Meal Total 1

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	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
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
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			1702	70.40	204.69	68.88
% of Calories				37.2%	48.1%	16.2%
Weekly Nutrient Guideline			750 - 850	<=30		

Friday - 12/03/2021

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
001014 PB & J, wrapped WG (2)	2 Sandwich	1	300	16.00	34.00	10.00

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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
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	77	1.13	11.75	4.97
Weighted Daily Average			755	30.96	87.64	36.35
% of Calories				36.9%	46.4%	19.3%
Weekly Nutrient Guideline			750 - 850	<=30		

Monday - 12/06/2021

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
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
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

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000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	2.26	23.49	9.94
Weighted Daily Average			1971	63.83	295.04	70.80
% of Calories				29.1%	59.9%	14.4%
Weekly Nutrient Guideline			750 - 850	<=30		

Tuesday - 12/07/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
900126 Chicken Quesadilla - Purchased	1 Quesadilla	1	299	10.98	31.93	18.96
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
900560 Corn, Whole Kernel	1/2 cup	1	82	0.91	16.33	2.72
000081 Salsa, canned	1/4 Cup	1	21	0.00	4.26	0.00
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
000019 Brownie, whole grain, wrapped	1 Brownie	1	124	3.32	21.99	1.33
Weighted Daily Average			1289	25.20	217.25	52.16
% of Calories				17.6%	67.4%	16.2%
Weekly Nutrient Guideline			750 - 850	<=30		

Wednesday - 12/08/2021

Reimbursable Meal Total 1

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	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
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
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			1764	80.64	196.71	74.51
% of Calories				41.1%	44.6%	16.9%
Weekly Nutrient Guideline			750 - 850	<=30		

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
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
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

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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
Weighted Daily Average			1553	62.49	176.79	77.43
% of Calories				36.2%	45.5%	19.9%
Weekly Nutrient Guideline			750 - 850	<=30		

Friday - 12/10/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000070 Vegetable Soup (1/2 C) - NK070	1/2 Cup	1	33	0.68	4.62	2.47
000674 Grilled Cheese Sand-Grade 7-12	1 Sandwich	1	243	10.31	27.01	10.74
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
000549 Carrots w/ Dip - NK065 (K-8)	1/2 Cup	1	25	0.09	5.84	0.45
900545 Chips, Doritos Nacho Cheese	1 Bag	1	130	5.00	20.00	2.00
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

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	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			1361	52.91	178.16	54.14
% of Calories				35.0%	52.4%	15.9%
Weekly Nutrient Guideline			750 - 850	<=30		

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
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
000016 Baked Beans	1/2 Cup	1	160	0.51	37.40	5.96
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
Weighted Daily Average			1920	60.60	291.58	65.56
% of Calories				28.4%	60.7%	13.7%
Weekly Nutrient Guideline			750 - 850	<=30		

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Tuesday - 12/14/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
000305 Nachos w/ Beef NK305	1 Serving	1	208	14.43	0.68	17.84
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	5.17	90.05	10.68
900560 Corn, Whole Kernel	1/2 cup	1	82	0.91	16.33	2.72
000677 Lettuce/Tomato/Salsa	1 Portion	1	24	0.32	5.07	1.37
001016 Cheese, Shrd. Chedd USDA	1 ounce	1	115	9.52	0.36	7.15
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			1192	35.17	165.18	58.22
% of Calories				26.6%	55.4%	19.5%
Weekly Nutrient Guideline			750 - 850	<=30		

Wednesday - 12/15/2021

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

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001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	32.00	68.00	20.00
900721 Potato, Wedges frozen	serving	1	123	4.11	20.57	2.06
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
Weighted Daily Average			1687	63.95	195.43	79.12
% of Calories				34.1%	46.3%	18.8%
Weekly Nutrient Guideline			750 - 850	<=30		

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
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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	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			750 - 850	<=30		

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
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			750 - 850	<=30		

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Weighted Values

Dec 1, 2021 thru Dec 17, 2021

			Cals ¹ (kcal)	T-Fat (g)	Carb (g)	Protn (g)
Weighted Averages			1485	51.44	200.10	62.24
% of Calories				31.2%	53.9%	16.8%

**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.