

Base Menu Spreadsheet

Weighted Values

Jan 4, 2023 thru Jan 31, 2023

Menu Name: Elementary Lunch Menu

Include Cost: Yes

Site:

Report Style: Detailed

Wednesday - 01/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000812 Hamburger w/bun	1 Burger	1	30.07	\$0.585
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900591 French Fries-straight	1/2 Cup	1	26.56	\$0.223
000016 Baked Beans	1/2 Cup	1	30.96	\$0.005
000205 Cucumber Slices w/ dip	1 Serving	1	5.09	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			193.76	\$1.773
% of Calories			54.1%	
Weekly Nutrient Guideline				

Thursday - 01/05/2023

Reimbursable Meal Total 1

Base Menu Spreadsheet

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000963 CHICKEN BITES, WG BRD (6)	6 EACH	1	21.00	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900926 Cheesy Potatoes	1/2 Cup	1	12.95	\$0.004
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
900742 Roll, Whole Wheat, 2 oz	each	1	29.00	\$0.131
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			169.37	\$1.098
% of Calories			46.0%	
Weekly Nutrient Guideline				

Friday - 01/06/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
000065 Carrots, raw w/ Dip (K-12)	1 Serving	1	13.44	\$0.174
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			275.32	\$2.258
% of Calories			48.6%	
Weekly Nutrient Guideline				

Monday - 01/09/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900944 Ham & Cheese Wrap	1 Wrap	1	27.07	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000559 Vegetable Soup - 1 cup	1 Cup	1	11.95	\$0.015
000042 Pickle, Dill, Spear	Spear	1	0.84	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
900170 Crackers, Salad (8)	4 Packs	1	16.00	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			120.37	\$0.947
% of Calories			47.7%	
Weekly Nutrient Guideline				

Tuesday - 01/10/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900117 Chicken patty, Breaded WM, WG	1 Patty	1	9.00	\$0.782
000585 Hamburger Bun, WW	Bun	1	29.37	\$0.174
900932 Roasted, Sweet Potato	77g	1	14.00	\$0.000
900667 Okra, Breaded, FZN 1/2 cup	1/2 cup	1	16.86	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

Base Menu Spreadsheet

Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			170.31	\$1.916
% of Calories			57.4%	
Weekly Nutrient Guideline				

Wednesday - 01/11/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900176 Chili Crisпитos, Chicken, WG, w/cheese sauce	2 crispito	1	40.55	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000017 Chili Beans, canned	1/2 Cup	1	19.31	\$0.123
900097 Cheddar Cheese, Shredded	2 ounce	1	0.73	\$0.343
900260 Lettuce and Tomato (offered) (Pre-K-12)	Portion	1	2.33	\$0.056
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			164.00	\$1.482
% of Calories			42.6%	
Weekly Nutrient Guideline				

Thursday - 01/12/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000717 Steak Patty, breaded, WG	1 Serving	1	19.37	\$0.425
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900904 Mashed Potatoes (Pearls)	1/2 Cup	1	17.50	\$0.087
900018 Turnip Greens	1/2 Cup	1	6.77	\$0.159
900064 Roll Dough, Dinner, WG 2oz 14018	2 oz. Roll	1	29.00	\$0.131
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250

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Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
Weighted Daily Average			173.72	\$1.762
% of Calories			51.4%	
Weekly Nutrient Guideline				

Friday - 01/13/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
000424 Green Beans, cnd	1/2 Cup	1	5.37	\$0.012
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			267.25	\$2.096
% of Calories			48.7%	
Weekly Nutrient Guideline				

Tuesday - 01/17/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900676 Pancake, Mini Maple Flavor	1 Bag	1	35.00	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000863 Sausage Pattie-1, ckd, 1.5 oz	1 Pattie	1	0.00	\$0.000
900584 Egg, Scrambled Square NK900584	serving	1	1.06	\$0.116
000597 Hash Brown Patty (1) NK597	Patty	1	14.17	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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Weighted Values

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	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			151.32	\$1.076
% of Calories			48.0%	
Weekly Nutrient Guideline				

Wednesday - 01/18/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900940 Chicken Burrito	1 burrito	1	42.04	\$0.001
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000123 Seasoned Rice	1/2 Cup	1	32.58	\$0.045
900011 Pinto Beans	1/2 Cup	1	19.74	\$0.000
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			200.78	\$1.010
% of Calories			56.7%	
Weekly Nutrient Guideline				

Thursday - 01/19/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900894 Chili Con Carne w/beans	1/2 CUP	1	8.69	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900946 Cheese, Tortilla Wrap	1 Wrap	1	21.00	\$0.000
900720 Potato, Rounds	1/2 cup	1	14.00	\$0.000
000065 Carrots, raw w/ Dip (K-12)	1 Serving	1	13.44	\$0.174
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			158.21	\$1.134
% of Calories			42.4%	
Weekly Nutrient Guideline				

Friday - 01/20/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
000328 Corn, frz, 1/2 Cup	1/2 Cup	1	18.79	\$0.000
000424 Green Beans, cnd	1/2 Cup	1	5.37	\$0.012
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			267.25	\$2.096
% of Calories			48.7%	
Weekly Nutrient Guideline				

Monday - 01/23/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900615 Hot Dog, beef, no bun	hot dog	1	1.00	\$0.000
000688 Hot Dog Bun, White Wheat	1 bun	1	23.68	\$0.113
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900591 French Fries-straight	1/2 Cup	1	26.56	\$0.223
000016 Baked Beans	1/2 Cup	1	30.96	\$0.005
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			183.29	\$1.300
% of Calories			55.6%	
Weekly Nutrient Guideline				

Tuesday - 01/24/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000124 Chicken & Pasta Alfredo	1 Cup	1	24.48	\$0.051
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
900922 Garlic Knot, WG	knot	1	26.53	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			157.43	\$1.014
% of Calories			48.8%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

Weighted Values

Jan 4, 2023 thru Jan 31, 2023

Wednesday - 01/25/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001036 Turkey & Cheese Hoagie, WW	1 Sandwich	1	42.65	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900872 Choice Of Doritos	Bag	1	20.00	\$0.000
000065 Carrots, raw w/ Dip (K-12)	1 Serving	1	13.44	\$0.174
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			177.18	\$1.134
% of Calories			54.2%	
Weekly Nutrient Guideline				

Thursday - 01/26/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000305 Nachos w/ Beef	3 oz	1	20.68	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
900915 Corn & Black Bean Salsa	1/2 Cup	1	20.89	\$0.000
000123 Seasoned Rice	1/2 Cup	1	32.58	\$0.045
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			175.24	\$1.005
% of Calories			54.9%	
Weekly Nutrient Guideline				

Friday - 01/27/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000721 Pizza, Cheese, 4x6, WG	1 Slice	1	32.01	\$0.453
000857 Pizza, Cheese, Stuffed Crust, WG	1 Slice	1	36.00	\$0.000
900702 Pizza, Pepperoni 4x6 rectangle	pizza	1	33.00	\$0.000
000280 Pizza, Mexican Fiestada, WG	1 Slice	1	41.00	\$0.671
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900934 5-Way Mixed Vegetable	.5 cup	1	11.24	\$0.000

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Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000205 Cucumber Slices w/ dip	1 Serving	1	5.09	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			259.42	\$2.084
% of Calories			48.5%	
Weekly Nutrient Guideline				

Monday - 01/30/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900701 Pizza, Mozzarella Cheese Stick	2 Sticks	1	34.00	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900479 Broccoli Florets, stmd	1/2 Cup	1	5.34	\$0.003
000261 Carrots, buttered, 1/2 cup	1/2 Cup	1	7.17	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

Base Menu Spreadsheet

Weighted Values

Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			147.59	\$0.963
% of Calories			53.3%	
Weekly Nutrient Guideline				

Tuesday - 01/31/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
900512 CHICKEN, BRD TENDERLOINS WG	3 PCS	1	17.00	\$0.000
000626 SB & J Sand. (2)	Sandwiches	1	28.00	\$0.682
900904 Mashed Potatoes (Pearls)	1/2 Cup	1	17.50	\$0.087
000206 Green Peas, frz., 1/2C	1/2 Cup Frz.	1	16.17	\$0.007
900058 Biscuit, Southern	2.2 oz Biscuit	1	24.54	\$0.000
900921 Asst Fruit, canned	1/2 Cup	1	15.89	\$0.000
900919 Asst Fruit, Fresh	1/2 cup	1	20.70	\$0.028
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	23.49	\$0.000

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Jan 4, 2023 thru Jan 31, 2023

	Portion Size	Reimb Qty	Carb (g)	Cost
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	13.00	\$0.250
Weighted Daily Average			176.29	\$1.054
% of Calories			51.8%	
Weekly Nutrient Guideline				

			Carb (g)	Cost
Weighted Averages			188.85	\$1.432
% of Calories			50.1%	

- *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.