

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

Menu Name: Middle 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 | | | 600 - 700 | <=30 | | |

Thursday - 12/02/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

| | 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 | | | 600 - 700 | <=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 | | | 600 - 700 | <=30 | | |

Monday - 12/06/2021

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 |

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Dec 1, 2021 thru Dec 17, 2021

| | | | | | | |
|---------------------------|--|--|-----------|-------|--------|-------|
| Weighted Daily Average | | | 1289 | 25.20 | 217.25 | 52.16 |
| % of Calories | | | | 17.6% | 67.4% | 16.2% |
| Weekly Nutrient Guideline | | | 600 - 700 | <=30 | | |

Tuesday - 12/07/2021

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 |
| 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 | | | 600 - 700 | <=30 | | |

Wednesday - 12/08/2021

Reimbursable Meal Total 1

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

| | 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 | | | 600 - 700 | <=30 | | |

Thursday - 12/09/2021

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 |

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| | | | | | | |
|--------------------------------------|--------------|---|------------------|----------------|---------------|--------------|
| 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 |
| Weighted Daily Average | | | 1971 | 63.83 | 295.04 | 70.80 |
| % of Calories | | | | 29.1% | 59.9% | 14.4% |
| Weekly Nutrient Guideline | | | 600 - 700 | <=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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Weighted Values

| | 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 | | | 600 - 700 | <=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 | | | 600 - 700 | <=30 | | |

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

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 |
| 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 | | | 600 - 700 | <=30 | | |

Wednesday - 12/15/2021

Reimbursable Meal Total 1

| | Portion Size | Reimb Qty | Cals ¹ (kcal) | T-Fat (g) | Carb (g) | Protn (g) |
|-------------------------------|--------------|-----------|--------------------------|-----------|----------|-----------|
| 900883 Pizza Cruncher | 4 oz | 1 | 420 | 20.00 | 41.00 | 20.00 |
| 001014 PB & J, wrapped WG (2) | 2 Sandwich | 1 | 600 | 32.00 | 68.00 | 20.00 |

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| | | | | | | |
|--------------------------------------|--------------|---|-----------|-------|--------|-------|
| 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 | | | 1570 | 65.29 | 194.66 | 63.12 |
| % of Calories | | | | 37.4% | 49.6% | 16.1% |
| Weekly Nutrient Guideline | | | 600 - 700 | <=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 |

Base Menu Spreadsheet

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 | | | 600 - 700 | <=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 | | | 600 - 700 | <=30 | | |

Base Menu Spreadsheet

Weighted Values

Dec 1, 2021 thru Dec 17, 2021

| | | | Cals ¹ (kcal) | T-Fat (g) | Carb (g) | Protn (g) |
|-------------------|--|--|-----------------------------|--------------|-------------|--------------|
| Weighted Averages | | | 1514 | 53.75 | 202.37 | 62.61 |
| % of Calories | | | | 32.0% | 53.5% | 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.