

Base Menu Spreadsheet

Weighted Values

Oct 1, 2023 thru Oct 31, 2023

Menu Name: Elementary Lunch **Include Cost:** No
Site: **Report Style:** Detailed
Use Alternate Menu Name: No

Monday - 10/02/2023 Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000567 NACHOS, BN & CHS	EACH	1	173	2.70	288	*N/A*	*N/A*	7.87	*0.00	13	20.02	2.73	6.64	115	129.8	2.53	0.75
900021 NACHOS WITH GROUND BEEF	SERVINGS	1	99	2.06	160	*1	*N/A*	5.34	*0.12	15	7.03	0.69	6.13	296	105.7	0.11	0.57
000720 SALSA, CUP	SERV(3 OZ. CUP)	1	3	0.00	23	*N/A*	*N/A*	0.00	0.00	0	0.67	0.00	0.00	33	0.0	0.80	0.12
990040 Fruit Cocktail *RESIZED*	1/2 CUP	1	23	0.00	2	6	*N/A*	0.03	0.00	0	6.02	0.40	0.16	84	2.4	0.77	0.12
000775 POTATO CHIPS	SERV	1	53	0.33	57	*N/A*	*N/A*	3.33	0.00	0	5.00	0.33	0.67	0	0.0	2.00	0.12
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	14	0.00	0	3	*N/A*	0.04	0.00	0	3.52	0.72	0.28	68	12.0	15.96	0.03
000412 KIWI FRUIT	med	1	15	0.01	1	2	*N/A*	0.13	0.00	0	3.71	0.76	0.29	22	8.6	23.48	0.08
990074 GARDEN SALAD *RESIZED*	1/2 CUP	1	16	0.25	25	*0	*N/A*	1.67	0.00	0	0.47	0.05	0.21	23	0.8	0.13	0.02
990052 STRAWBERRIES: frozen *RESIZED*	1/2 CUP	1	41	0.00	1	10	*N/A*	0.06	0.00	0	11.02	0.81	0.23	10	4.7	17.60	0.25
990051 Mini Carrots *RESIZED*	1/2 CUP	1	9	0.01	15	1	*N/A*	0.05	0.00	0	2.04	0.60	0.20	3564	7.0	1.26	0.06

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000495 RANCH DIP	TBSP	1	30	0.50	50	*N/A*	*N/A*	3.33	0.00	0	0.67	0.00	0.33	0	0.0	0.00	0.00
Weighted Daily Average			643	6.87	850	*23	*0	23.51	*0.12	41	84.84	7.10	28.47	4882	737.7	67.04	2.12
% of Calories				9.62%		*14.3%	*0%	32.9%	*0.2%		52.8%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Tuesday - 10/03/2023

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000708 PULLED PORK BBQ SANDWICH	SERVING	1	85	0.27	216	*3	*N/A*	1.50	0.00	7	13.88	1.23	4.49	50	75.0	0.04	0.83
001061 VEGETARIAN BEANS	CUP	1	80	0.14	307	*N/A*	*N/A*	0.51	*N/A*	0	17.08	4.25	4.25	113	37.4	2.30	1.21
000716 ROLLS,WHEAT: scratch 2 oz	Each 2 oz.	1	57	0.21	97	*1	*N/A*	1.49	*0.00	0	9.58	0.82	1.64	1	10.7	0.04	0.46
990045 CORN: frozen, yellow *RESIZED*	1/2 CUP	1	22	0.03	0	1	*N/A*	0.18	0.00	0	5.31	0.66	0.70	55	0.8	0.96	0.13
000683 SPINACH SALAD	SERVING	1	12	0.02	106	*0	*N/A*	0.11	*0.00	0	2.36	0.46	0.49	2044	14.8	2.05	0.24
000442 SUNFLOWER SEEDS	pkg	1	54	0.52	18	*N/A*	*N/A*	4.79	*N/A*	0	1.72	0.37	2.03	4	10.4	0.10	0.60
990032 APPLESAUCE *RESIZED*	1/2 CUP	1	56	0.02	2	12	*N/A*	0.14	0.00	0	14.34	0.98	0.13	5	2.5	1.39	0.10
990071 JICAMA *RESIZED*	1/4 CUP	1	4	0.00	0	*N/A*	*N/A*	0.00	*N/A*	0	0.91	0.50	0.08	4	0.8	1.98	0.06

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	14	0.00	0	3	*N/A*	0.04	0.00	0	3.52	0.72	0.28	68	12.0	15.96	0.03
Weighted Daily Average			468	1.71	860	*20	*0	9.60	*0.00	14	81.03	9.98	20.76	2675	397.7	26.03	3.66
% of Calories				3.29%		*17.1%	*0%	18.5%	*0.0%		69.3%		17.7%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Wednesday - 10/04/2023

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 Fruit, BANANA	EACH	1	90	0.11	1	12	*N/A*	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26
000090 Fruit, Fresh Pear	EACH	1	95	0.04	2	16	*N/A*	0.23	0.00	0	25.28	5.15	0.60	42	14.9	7.14	0.30
000083 Fruit, Fresh Nectarine	EACH	1	60	0.03	0	11	*N/A*	0.44	0.00	0	14.35	2.31	1.44	452	8.2	7.34	0.38
990029 Fruit, FRESH STRAWBERRIES *RESIZED*	1/4 CUP	1	12	0.01	0	2	*N/A*	0.11	0.00	0	2.76	0.72	0.24	4	5.8	21.17	0.15
000064 Fruit, Fresh, APPLE	EACH	1	72	0.04	1	14	*N/A*	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	42	0.01	0	8	*N/A*	0.11	0.00	0	10.58	2.16	0.85	202	36.0	47.88	0.09
000230 MILK,1% Lowfat	HALF PINT	1	130	1.50	160	*N/A*	*N/A*	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
000574 MILK, CHOC NON FAT	HALF PINT	1	120	0.00	180	*N/A*	*N/A*	0.00	0.00	5	21.00	0.00	9.00	500	300.0	1.20	0.00
990113 Turkey Taco Burger	Each	1	296	2.01	626	*1	*N/A*	8.33	0.00	40	34.17	3.06	21.83	444	184.8	1.06	3.91
000690 VEGGIE SUB SANDWICH	EA.	1	378	10.51	893	*1	*N/A*	20.58	0.00	50	34.78	4.52	18.42	871	387.3	3.61	1.60

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000681 POTATO WEDGES	SERVING	1	120	1.50	25	*N/A*	*N/A*	3.00	*N/A*	0	20.00	2.00	2.00	0	0.0	12.00	0.71
Weighted Daily Average			1414	15.75	1888	*66	*0	35.86	*0.00	110	221.05	25.85	66.84	3154	1350.3	118.92	7.58
% of Calories				10.02 %		*18.7%	*0%	22.8%	*0.0%		62.5%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Thursday - 10/05/2023

Reimbursable Meal Total 2

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990035 APPLE HALF *RESIZED*	1/2 CUP	1	32	0.02	1	6	*N/A*	0.11	0.00	0	8.63	1.50	0.16	34	3.8	2.88	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	60	0.00	90	*N/A*	*N/A*	0.00	0.00	3	10.50	0.00	4.50	250	150.0	0.60	0.00
000230 MILK,1% Lowfat	HALF PINT	1	65	0.75	80	*N/A*	*N/A*	1.25	0.00	8	8.00	0.00	5.50	250	200.0	1.20	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	32	0.02	0	6	*N/A*	0.11	0.00	0	8.24	1.28	0.35	62	6.8	6.82	0.10
900022 MACARONI AND CHEESE(NEW)	2/3 CUP	1	165	1.53	557	*7	*N/A*	4.55	*0.01	7	19.68	0.54	11.02	202	255.1	0.79	0.74
001062 CORN DOG	EACH	1	135	1.50	465	*N/A*	*N/A*	6.00	*N/A*	17	15.00	0.00	5.00	0	0.0	0.00	0.54
990042 GREEN BEANS *RESIZED*	1/2 CUP	1	7	0.01	85	*N/A*	*N/A*	0.03	*N/A*	0	1.52	0.64	0.40	118	8.8	1.45	0.30
990074 GARDEN SALAD *RESIZED*	1/2 CUP	1	23	0.38	38	*0	*N/A*	2.51	0.00	0	0.70	0.08	0.31	34	1.2	0.19	0.03
990044 GARBANZO BEANS *RESIZED*	1/4 CUP	1	28	0.11	109	*N/A*	*N/A*	0.44	*N/A*	0	4.80	1.96	1.31	5	7.0	0.83	0.29
000781 WOWBUTTER	SERVING	1	100	1.50	50	*N/A*	*N/A*	7.50	0.00	0	4.00	1.00	3.50	0	10.0	0.00	0.54

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000717 PERSIMMONS	SERV (25g)	1	16	0.00	0	*N/A*	*N/A*	0.05	0.00	0	4.00	*N/A*	0.10	0	0.0	8.10	0.27
Weighted Daily Average			664	5.81	1475	*20	*0	22.55	*0.01	34	85.06	*7.01	32.16	955	642.6	22.85	2.89
% of Calories				7.88%		*12.0%	*0%	30.6%	*0.0%		51.2%		19.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

Friday - 10/06/2023

Reimbursable Meal Total 3

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000711 CHICKEN NUGGETS	SERV (5 EA.)	1	61	0.51	152	*N/A*	*N/A*	2.70	0.00	7	4.72	0.68	4.39	0	13.5	0.00	0.61
000811 CHEESE STUFFED STICKS	SERV (2 STICKS)	1	100	2.00	163	*N/A*	*N/A*	3.67	0.00	8	10.00	1.00	6.67	67	133.3	0.00	0.60
990042 GREEN BEANS *RESIZED*	1/2 CUP	1	4	0.00	56	*N/A*	*N/A*	0.02	*N/A*	0	1.01	0.43	0.27	79	5.8	0.97	0.20
000372 GARDEN SALAD	CUP	1	31	0.50	51	*0	*N/A*	3.35	0.00	0	0.93	0.11	0.41	45	1.6	0.25	0.04
990051 Mini Carrots *RESIZED*	1/2 CUP	1	9	0.01	15	1	*N/A*	0.05	0.00	0	2.04	0.60	0.20	3564	7.0	1.26	0.06
000412 KIWI FRUIT	med	1	15	0.01	1	2	*N/A*	0.13	0.00	0	3.71	0.76	0.29	22	8.6	23.48	0.08
000574 MILK, CHOC NON FAT	HALF PINT	1	40	0.00	60	*N/A*	*N/A*	0.00	0.00	2	7.00	0.00	3.00	167	100.0	0.40	0.00
000230 MILK,1% Lowfat	HALF PINT	1	43	0.50	53	*N/A*	*N/A*	0.83	0.00	5	5.33	0.00	3.67	167	133.3	0.80	0.00
000665 Milk, STRAW. NON FAT	HALF PINT	1	50	0.00	45	*N/A*	*N/A*	0.00	0.00	2	9.00	0.00	3.00	133	116.7	1.60	0.00
000245 FRUIT,FRESH ASSORTED	EACH	1	21	0.02	0	4	*N/A*	0.08	0.00	0	5.49	0.85	0.23	42	4.5	4.55	0.07
000068 Fruit, BANANA	EACH	1	30	0.04	0	4	*N/A*	0.11	0.00	0	7.69	0.88	0.37	22	1.7	2.93	0.09

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000090 Fruit, Fresh Pear	EACH	1	32	0.01	1	5	*N/A*	0.08	0.00	0	8.43	1.72	0.20	14	5.0	2.38	0.10
000064 Fruit, Fresh, APPLE	EACH	1	24	0.01	0	5	*N/A*	0.08	0.00	0	6.35	1.10	0.12	25	2.8	2.12	0.06
000086 Fruit, ORANGE WEDGES	3/8 cup	1	11	0.00	0	2	*N/A*	0.03	0.00	0	2.64	0.54	0.21	51	9.0	11.97	0.02
990037 Fruit, ORANGE WEDGES *RESIZED*	1/2 cup	1	14	0.00	0	3	*N/A*	0.04	0.00	0	3.52	0.72	0.28	68	12.0	15.96	0.03
990065 Fruit, RUBY RED GRAPES *RESIZED*	1/2 CUP	1	10	0.02	0	2	*N/A*	0.05	0.00	0	2.63	0.14	0.10	15	2.1	0.61	0.04
990047 FRENCH FRIES *RESIZED*	4 oz	1	62	1.33	7	*N/A*	*N/A*	2.66	*N/A*	3	8.89	0.89	0.89	0	0.0	1.06	0.32
Weighted Daily Average			558	4.96	605	*29	*0	13.88	*0.00	26	89.41	10.40	24.29	4478	557.1	70.34	2.32
% of Calories				8.00%		*20.8%	*0%	22.4%	*0.0%		64.1%		17.4%				
Weekly Nutrient Guideline			600 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	749	7	1136	*32	*0	21.08	*0.03	45	112.28	*12.07	34.50	3229	737	61.04	3.71
% of Calories		8.44%		*17.1%	*0%	25.3%	*0.0%		60.0%		18.4%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	749		600-650	115%		99.00		Correction Required - Calories too High
Saturated Fat	7.02 g	8.44%	<10.000%					
Sodium	1136 mg		1110.000	102%		26.00		Correction Required - Sodium too High
Total Sugars	*32 g	*17.1%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	21.08 g	25.3%						
Trans Fat	*0.03 g	*0.0%					Missing Data	
Cholesterol	45 mg							

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Carbohydrate	112.28 g	60.0%						
Fiber	*12.07 g						Missing Data	
Protein	34.50 g	18.4%						
Vitamin A	3229 IU							
Calcium	737.1 mg							
Vitamin C	61.04 mg							
Iron	3.71 mg							

**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.