

**Base Menu Spreadsheet**

Portion Values

Aug 1, 2022 thru Aug 31, 2022

**Menu Name:** Elementary Lunch **Include Cost:** Yes  
**Site:** **Report Style:** Detailed

**Tuesday - 08/23/2022 Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$0.000
000034	LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000
000810	Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000082	Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304	Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837	1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000841	Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990073	MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average				960	11.51	1847	*19	47.46	*0.00	75	95.61	*7.36	38.76	*680	*743.4	*9.51	*3.43	\$0.000
% of Calories					10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%					
Weekly Nutrient Guideline				550 - 650	<10	1230		<=0										

**Wednesday - 08/24/2022 Reimbursable Meal Total 1**

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000403 Hot Dog on a Wheat Bun	1 Hot Dog	1	262	4.00	650	*N/A*	12.50	0.00	25	26.52	0.00	11.18	0	50.3	0.00	2.02	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			727	7.00	1105	*18	27.40	*0.00	45	89.02	*5.00	31.68	*150	*650.3	*6.00	*2.84	\$0.000
% of Calories				8.67%		*9.9%	33.9%	*0.0%		49.0%		17.4%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

### Thursday - 08/25/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000840 Pizza 5" Round Deep Dish Tonys	1	1	390	2.50	690	8	16.00	0.00	10	48.00	2.00	13.00	*N/A*	230.0	0.00	5.60	\$0.000
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			1075	9.50	1565	*26	53.90	*0.00	45	113.50	*7.00	33.50	*150	*830.0	*6.00	*6.42	\$0.000
% of Calories				7.95%		*9.7%	45.1%	*0.0%		42.2%		12.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

## Friday - 08/26/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00	\$0.000
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00	\$0.000
000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990072 String Cheese	1	1	90	5.00	180	0	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			660	9.50	980	*18	15.90	*0.00	55	95.50	*5.00	33.50	*150	*778.0	*0.00	*0.16	\$0.000
% of Calories				12.95%		*10.9%	21.7%	*0.0%		57.9%		20.3%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

### Monday - 08/29/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000753 Italian Chicken Tenders, Barbe	3 Pieces (4 oz)	1	220	1.50	650	*N/A*	9.00	0.00	40	17.00	1.00	18.00	0	20.0	1.20	1.08	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			685	4.50	1105	*18	23.90	*0.00	60	79.50	*6.00	38.50	*150	*620.0	*7.20	*1.90	\$0.000
% of Calories				5.91%		*10.5%	31.4%	*0.0%		46.4%		22.5%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

### Tuesday - 08/30/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000401 Meatball Sandwich 1-6	1 Sandwich	1	343	4.69	899	*N/A*	15.24	0.34	30	35.87	2.17	14.06	382	87.1	5.30	3.05	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			808	7.69	1354	*18	30.14	*0.34	50	98.37	*7.17	34.56	*532	*687.1	*11.30	*3.87	\$0.000
% of Calories				8.57%		*8.9%	33.6%	*0.4%		48.7%		17.1%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

## Wednesday - 08/31/2022

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
000313 Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16	\$0.000
000816 Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36	\$0.000
000386 American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00	\$0.000
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09	\$0.000
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72	\$0.000
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00	\$0.000
000841 Dressing Ranch 1.5 oz Newmans	1.5	1	220	4.00	420	*N/A*	23.00	0.00	15	3.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10	\$0.000
Weighted Daily Average			960	11.51	1847	*19	47.46	*0.00	75	95.61	*7.36	38.76	*680	*743.4	*9.51	*3.43	\$0.000
% of Calories				10.79%		*7.9%	44.5%	*0.0%		39.8%		16.2%					
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	839	9	1400	*19	35.17	*0.05	58	95.30	*6.41	35.61	*356	*721.7	*7.07	*3.15	\$0.000
% of Calories		9.38%		*9.1%	37.7%	*0.1%		45.4%		17.0%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	839		550-650	129%		189.00		Correction Required - Calories too High
Saturated Fat	8.74 g	9.38%	<10.000%					
Sodium	1400 mg		1230.000	114%		170.00		Correction Required - Sodium too High
Sugars	*19 g	*9.1%					Missing Data	
Total Fat	35.17 g	37.7%						
Trans Fat	*0.05 g	*0.1%					Missing Data	
Cholesterol	58 mg							
Carbohydrate	95.30 g	45.4%						
Fiber	*6.41 g						Missing Data	
Protein	35.61 g	17.0%						
Vitamin A	*356 IU						Missing Data	
Calcium	*721.7 mg						Missing Data	
Vitamin C	*7.07 mg						Missing Data	
Iron	*3.15 mg						Missing Data	

# Base Menu Spreadsheet

## Portion Values

Aug 1, 2022 thru Aug 31, 2022

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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*