

# Base Menu Spreadsheet

Portion Values

Apr 12, 2022 thru Apr 29, 2022

**Include Cost:** No

**Menu Name:** Elementary Lunch

**Report Style:** Detailed

**Site:**

## Tuesday - 04/12/2022

	Portion Size	Carb (g)
008008 POCKET, TACO NADA (TURKEY)	EACH	32.00
990301 Bean & Cheese Burrito Los Cabos IW	Each	44.17
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00

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## Portion Values

000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6745.60
% of Calories		51.1%
Weekly Nutrient Guideline		

## Wednesday - 04/13/2022

	Portion Size	Carb (g)
000692 Sandwich WG Grilled Cheese	Each	31.58
990280 Quesadilla	EACH	17.30
990164 Wowbutter Sandwich 2.4 oz	Each	28.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		5782.27

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

% of Calories		49.7%
Weekly Nutrient Guideline		

### Thursday - 04/14/2022

	Portion Size	Carb (g)
990306 Pasta Rotini Beef	Each	23.20
990310 Veggie Nuggets w/ FF	Each	30.00
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6022.26
% of Calories		42.9%
Weekly Nutrient Guideline		

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## Portion Values

Apr 12, 2022 thru Apr 29, 2022

### Friday - 04/15/2022

	Portion Size	Carb (g)
990296 Pizza Galaxy Cheese IW	Each	26.09
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6088.54
% of Calories		45.5%
Weekly Nutrient Guideline		

### Monday - 04/18/2022

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## Portion Values

	Portion Size	Carb (g)
990305 Hamburger w/ FF	Each	45.22
990294 Veggie Burger	Each	35.16
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990327 Vegetable (Half cup) with BEANS	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		7226.32
% of Calories		49.2%
Weekly Nutrient Guideline		

## Tuesday - 04/19/2022

	Portion Size	Carb (g)

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## Portion Values

990302 Beef Taco Stick	Each	31.87
990301 Bean & Cheese Burrito Los Cabos IW	Each	44.17
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6739.07
% of Calories		46.8%
Weekly Nutrient Guideline		

## Wednesday - 04/20/2022

	Portion Size	Carb (g)
990298 Sandwich Deli Turkey & Cheese	Each	33.00
990280 Quesadilla	EACH	17.30

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## Portion Values

990164 Wowbutter Sandwich 2.4 oz	Each	28.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		5853.21
% of Calories		50.8%
Weekly Nutrient Guideline		

## Thursday - 04/21/2022

	Portion Size	Carb (g)
990307 Pasta Ravioli Cheese and Marinara	Each	50.41
990310 Veggie Nuggets w/ FF	Each	30.00
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18

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## Portion Values

990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		7382.94
% of Calories		53.1%
Weekly Nutrient Guideline		

## Friday - 04/22/2022

	Portion Size	Carb (g)
990296 Pizza Galaxy Cheese IW	Each	26.09
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*



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## Portion Values

000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6088.54
% of Calories		45.5%
Weekly Nutrient Guideline		

## Monday - 04/25/2022

	Portion Size	Carb (g)
990290 Cheese Burger Sliders	Each	31.30
990294 Veggie Burger	Each	35.16
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990327 Vegetable (Half cup) with BEANS	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00

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## Portion Values

000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6530.33
% of Calories		48.8%
Weekly Nutrient Guideline		

## Tuesday - 04/26/2022

	Portion Size	Carb (g)
990292 Mac & Cheese	Each	31.00
990301 Bean & Cheese Burrito Los Cabos IW	Each	44.17
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00

# Base Menu Spreadsheet

## Portion Values

000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6695.60
% of Calories		48.5%
Weekly Nutrient Guideline		

## Wednesday - 04/27/2022

	Portion Size	Carb (g)
990295 Breadstick Cheese Bosco	Each	33.81
990101 Sauce Marinara	Each	7.00
990280 Quesadilla	EACH	17.30
990164 Wowbutter Sandwich 2.4 oz	Each	28.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00

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## Portion Values

Weighted Daily Average		6243.96
% of Calories		50.5%
Weekly Nutrient Guideline		

## Thursday - 04/28/2022

	Portion Size	Carb (g)
990293 Chicken Nuggets w/ FF	Each	30.60
990310 Veggie Nuggets w/ FF	Each	30.00
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6392.20
% of Calories		45.7%

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

Weekly Nutrient Guideline		
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### Friday - 04/29/2022

	Portion Size	Carb (g)
990296 Pizza Galaxy Cheese IW	Each	26.09
000879 Sandwich WG Soybutter & Grape	Each	55.00
000813 Yogurt & Cheese w/Cracker	Each	51.18
990326 Fruit (Half Cup)	Each	*N/A*
990268 Orange Juice	4oz	13.00
990328 Vegetable (Half cup)	Each	*N/A*
000412 Dressing Ranch PCK 12 gm	Each	1.70
000434 Ketchup Packet 9 gm	Each	0.00
000440 Mustard Packet 4.5 gm	Each	0.00
000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6088.54
% of Calories		45.5%
Weekly Nutrient Guideline		

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# Base Menu Spreadsheet

## Portion Values

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Weighted Averages		
% of Calories		

*\*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 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.































*or food*