

# Base Menu Spreadsheet

Portion Values

Apr 12, 2022 thru Apr 29, 2022

**Include Cost:** No

**Menu Name:** Middle School Lunch

**Report Style:** Detailed

**Site:**

## Tuesday - 04/12/2022

	Portion Size	Carb (g)
008008 POCKET, TACO NADA (TURKEY)	EACH	32.00
990303 Chicken Burger	Each	47.16
000629 Burrito Macho Chili Cheese	Each	34.61
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

# Base Menu Spreadsheet

## Portion Values

000230 Milk 1% low fat	Each	16.00
000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		6613.43
% of Calories		49.6%
Weekly Nutrient Guideline		

## Wednesday - 04/13/2022

	Portion Size	Carb (g)
000692 Sandwich WG Grilled Cheese	Each	31.58
990280 Quesadilla	EACH	17.30
990037 Chicken Patty Spicy on Whole Grain Bun	EACH	45.16
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

# Base Menu Spreadsheet

## Portion Values

000315 Milk Chocolate NF	Each	21.00
Weighted Daily Average		5886.59
% of Calories		50.6%
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
990305 Hamburger w/ FF	Each	45.22
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

# Base Menu Spreadsheet

## Portion Values

Weighted Daily Average		6153.07
% of Calories		44.8%
Weekly Nutrient Guideline		

## Friday - 04/15/2022

	Portion Size	Carb (g)
990308 Pizza BD 16" Cheese	Each	35.00
990309 Pizza BD 16" Pepperoni	Each	42.00
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		6665.44
% of Calories		45.2%

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

Weekly Nutrient Guideline		
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### Monday - 04/18/2022

	Portion Size	Carb (g)
990305 Hamburger w/ FF	Each	45.22
990294 Veggie Burger	Each	35.16
990304 Chicken Patty Spicy on Bun W/ FF	Each	65.16
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		7566.42
% of Calories		50.3%
Weekly Nutrient Guideline		

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

### Tuesday - 04/19/2022

	Portion Size	Carb (g)
990302 Beef Taco Stick	Each	31.87
990303 Chicken Burger	Each	47.16
000629 Burrito Macho Chili Cheese	Each	34.61
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		6609.51
% of Calories		47.0%
Weekly Nutrient Guideline		

### Wednesday - 04/20/2022

# Base Menu Spreadsheet

## Portion Values

	Portion Size	Carb (g)
990298 Sandwich Deli Turkey & Cheese	Each	33.00
990037 Chicken Patty Spicy on Whole Grain Bun	EACH	45.16
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		5929.15
% of Calories		51.3%
Weekly Nutrient Guideline		

**Thursday - 04/21/2022**

# Base Menu Spreadsheet

## Portion Values

Apr 12, 2022 thru Apr 29, 2022

	Portion Size	Carb (g)
990307 Pasta Ravioli Cheese and Marinara	Each	50.41
990310 Veggie Nuggets w/ FF	Each	30.00
990305 Hamburger w/ FF	Each	45.22
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		6969.48
% of Calories		51.1%
Weekly Nutrient Guideline		

**Friday - 04/22/2022**



# Base Menu Spreadsheet

## Portion Values

	Portion Size	Carb (g)
990308 Pizza BD 16" Cheese	Each	35.00
990309 Pizza BD 16" Pepperoni	Each	42.00
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		6665.44
% of Calories		45.2%
Weekly Nutrient Guideline		

### Monday - 04/25/2022

	Portion Size	Carb (g)

# Base Menu Spreadsheet

## Portion Values

990290 Cheese Burger Sliders	Each	31.30
990294 Veggie Burger	Each	35.16
990304 Chicken Patty Spicy on Bun W/ FF	Each	65.16
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		7148.82
% of Calories		50.2%
Weekly Nutrient Guideline		

## Tuesday - 04/26/2022

	Portion Size	Carb (g)
990292 Mac & Cheese	Each	31.00

# Base Menu Spreadsheet

## Portion Values

990303 Chicken Burger	Each	47.16
000629 Burrito Macho Chili Cheese	Each	34.61
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		7114.31
% of Calories		47.8%
Weekly Nutrient Guideline		

## Wednesday - 04/27/2022

	Portion Size	Carb (g)
990295 Breadstick Cheese Bosco	Each	33.81
990101 Sauce Marinara	Each	7.00

# Base Menu Spreadsheet

## Portion Values

990037 Chicken Patty Spicy on Whole Grain Bun	EACH	45.16
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		6163.60
% of Calories		51.0%
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

# Base Menu Spreadsheet

## Portion Values

990305 Hamburger w/ FF	Each	45.22
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		6375.04
% of Calories		46.6%
Weekly Nutrient Guideline		

## Friday - 04/29/2022

	Portion Size	Carb (g)
990308 Pizza BD 16" Cheese	Each	35.00
990309 Pizza BD 16" Pepperoni	Each	42.00
000879 Sandwich WG Soybutter & Grape	Each	55.00

# Base Menu Spreadsheet

## Portion Values

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		6665.44
% of Calories		45.2%
Weekly Nutrient Guideline		

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*