Base Menu Spreadsheet

Jefferson City School District

Portion Values

Nov 1, 2026 thru Nov 30, 2026

Menu Name:	ECC Lunch	**Include Cost:**	No
Site:	All Sites		
Use Alternate Menu Name:	Alternate Menu Name 1		

Monday - 11/02/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001149 Chicken Nachos	3oz chix, 1oz C	1	35.89
990321 Corn	1/4 Cup	1	10.22
990324 Pineapple	1/4 Cup	1	7.56
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			66.66
% of Calories			38.9%
Weekly Nutrient Guideline			

Tuesday - 11/03/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990279 Brunch Lunch	0	1	*N/A*
990272 WG French Toast Sticks	2 Sticks	1	27.70
000998 Sausage Links	2 Links	1	0.00
000441 Hashbrown Patty	1 Patty	1	15.00

990326 Strawberries &Blueberries	1/4 Cup	1	17.43
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			73.14
% of Calories			41.6%
Weekly Nutrient Guideline			

Wednesday - 11/04/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990255 WG Chicken Patty Sandwich	1 Sandwich	1	41.00
990309 Baked Beans	1/4 Cup	1	17.05
990317 Fresh Apple Wedges	2-3 Wedges	1	12.57
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			83.62
% of Calories			58.9%
Weekly Nutrient Guideline			

Thursday - 11/05/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990100 Tortellini w/ Meat Sauce	1/2 CUP	1	22.57
990325 Cheesy Steamed	1/4 Cup	1	6.22

Broccoli			
990175 Grapes	1/4 Cup	1	3.94
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			45.74
% of Calories			35.3%
Weekly Nutrient Guideline			

Friday - 11/06/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000858 Pizza	1 Slice	1	42.00
990229 Rainbow Veggies	1/4 Cup	1	0.59
000155 Orange Smiles	1 Orange	1	15.39
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.98
% of Calories			49.7%
Weekly Nutrient Guideline			

Monday - 11/09/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Tuesday - 11/10/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001150 Chicken Alfredo	2/3 cup	1	40.56
990323 Steamed Broccoli&Carrots	1/4 Cup	1	9.00
990316 Peaches	1/4 Cup	1	7.11
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			69.68
% of Calories			49.7%
Weekly Nutrient Guideline			

Wednesday - 11/11/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990234 WG Mini Turkey Corn Dogs	5 Corn Dogs	1	21.25

990309 Baked Beans	1/4 Cup	1	17.05
990317 Fresh Apple Wedges	2-3 Wedges	1	12.57
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			63.87
% of Calories			54.8%
Weekly Nutrient Guideline			

Thursday - 11/12/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990142 Holiday Lunch	Lunch	1	*N/A*
000485 Turkey & Gravy	1/2 Cup	1	8.03
990089 Garlic Breadstick	1 Breadstick	1	16.00
990396 Mashed Potatoes	1/4 Cup	1	6.81
990342 Green Beans	1/4 Cup	1	2.16
000394 Rice Krispie Treats	1 Piece	1	38.87
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			84.87
% of Calories			52.3%
Weekly Nutrient Guideline			

Friday - 11/13/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990253 WG Cheese Bites	4 Bites	1	28.25
000364 Marinara Sauce	1/4 Cup	1	5.62
990229 Rainbow Veggies	1/4 Cup	1	0.59
990078 Clementine	1 Fruit	1	11.28
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			58.74
% of Calories			50.5%
Weekly Nutrient Guideline			

Monday - 11/16/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000149 Hamburger or Cheeseburger	1 Burger	1	30.00
990397 French Fries	7 Fries	1	11.00
990320 Fruit Cocktail	1/4 Cup	1	8.50

	Portion Size	Reimb Qty	Carb (g)
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			62.50
% of Calories			47.0%
Weekly Nutrient Guideline			

Tuesday - 11/17/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
001110 Chicken Rice Casserole	8 oz	1	14.30
990300 Mix Vegetables	1/4 Cup	1	3.82
990322 Diced Pears	1/4 Cup	1	8.19
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			39.31
% of Calories			43.0%
Weekly Nutrient Guideline			

Wednesday - 11/18/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990251 WG Chicken Nuggets	4 Nuggets	1	10.28

990309 Baked Beans	1/4 Cup	1	17.05
990317 Fresh Apple Wedges	2-3 Wedges	1	12.57
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			52.90
% of Calories			56.0%
Weekly Nutrient Guideline			

Thursday - 11/19/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000449 Ravioli	1/2 Cup	1	15.07
990343 Romaine Salad	1/2 Cup	1	5.69
990175 Grapes	1/4 Cup	1	3.94
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			37.70
% of Calories			53.9%
Weekly Nutrient Guideline			

Friday - 11/20/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
000858 Pizza	1 Slice	1	42.00
990229 Rainbow Veggies	1/4 Cup	1	0.59
000155 Orange Smiles	1 Orange	1	15.39
990286 Milk Variety	1 Carton	1	13.00
Weighted Daily Average			70.98
% of Calories			49.7%
Weekly Nutrient Guideline			

Monday - 11/23/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Tuesday - 11/24/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Thursday - 11/26/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Friday - 11/27/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990068 No School	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

Monday - 11/30/2026 **Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Carb (g)
990066 Manager's Choice	PKG	1	*N/A*
Weighted Daily Average			0
% of Calories			0%
Weekly Nutrient Guideline			

		Carb (g)
Weighted Averages		41.94
% of Calories		48.2%

***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
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.