

Base Menu Spreadsheet

Portion Values

Oct 1, 2025 thru Oct 31, 2025

Menu Name:	Nutrient Info Lunch	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Wednesday - 10/01/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
003280 2-Penne Pasta w/MeatSauce	servings	1	372	5.82	513	3.80	0.00	13.14	0.00	43	45.53	6.90	21.56	*N/A*	211.5	0.08	4.54
990388 2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	385	7.00	986	5.30	0.00	18.30	0.00	66	33.69	3.69	25.30	*N/A*	286.3	4.69	3.78
000733 2-Sesame Chicken Salad w/ roll	serving	1	379	3.62	471	6.52	0.00	14.73	0.00	518	39.22	20.02	25.30	*N/A*	41.5	8.34	3.15
003659 2-Salad, Sesame Chick-only	serving	1	206	1.19	184	3.02	0.00	8.87	0.00	196	13.89	7.68	16.76	*N/A*	32.7	8.34	1.75
990218 2-Roll, Dough, Dinner WG Proof & Bake	ea	1	140	0.00	118	3.49	0.00	2.62	0.00	0	25.32	2.62	6.11	*N/A*	8.7	0.00	1.40
990578 2-Penne Pasta, Meatless	servings	1	392	7.30	496	3.80	0.00	15.59	0.00	48	46.03	6.90	20.97	*N/A*	421.3	0.08	3.63
003187 2-Applesauce, cup	1/2 cup	1	60	0.00	15	17.94	0.00	0.00	0.00	0	13.95	1.00	0.00	*N/A*	199.3	0.00	0.00
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	1	60	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	70.00	0.00
990452 2-Celery & Carrot Sticks	1/2 cup	1	22	0.01	59	2.43	0.40	0.17	0.00	0	4.98	1.74	0.64	*N/A*	28.8	2.34	0.20
001676 2-Beans, Green, canned	1/2 cup	1	21	0.00	146	2.09	0.00	0.00	0.00	0	4.18	2.09	1.04	*N/A*	20.9	2.51	0.75
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2436	28.96	3503	95.39	0.40	90.91	0.00	896	280.80	52.65	136.69	*0	1951.1	97.57	19.55
% of Calories				10.70 %		15.66%	0.00%	33.6%	0.0%		46.1%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Thursday - 10/02/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990154 2-Beef Dunkers, Teriyaki w/brown rice & Broccoli	serving	1	426	4.64	1281	5.10	0.00	12.91	0.51	41	54.67	6.51	22.15	*N/A*	68.9	0.24	3.38
003544 2-Beef Dunker only	4 each	1	163	3.56	448	4.07	0.00	8.14	0.51	41	6.11	1.02	14.25	*N/A*	20.4	0.00	1.46
003636 2-Rice,Brown Cooked w/ broth	cups	1	237	1.07	809	0.00	0.00	4.76	0.00	0	43.43	2.41	4.82	*N/A*	10.6	0.24	1.26
990155 2-Broccoli Steamed	1/2 cup	1	27	0.00	24	1.03	0.00	0.00	0.00	0	5.14	3.08	3.08	*N/A*	38.0	0.00	0.66
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	443	3.00	897	6.30	0.00	17.10	0.00	25	50.69	6.69	22.50	*N/A*	247.7	4.69	4.68
009538 2-Salad, Taco, beef	Servings	1	679	10.80	1336	3.11	0.00	42.79	0.00	58	50.25	3.62	26.90	*N/A*	216.3	8.68	3.96
001806 2-Pizza, Veggie	Slice	1	323	5.12	624	6.24	0.00	9.67	0.00	25	33.83	3.71	24.40	*N/A*	13.7	8.64	1.58
000493 2-Pear, diced, canned	1/2 cup	1	63	0.00	0	0.00	0.00	0.00	0.00	0	17.12	2.70	0.00	*N/A*	11.7	1.08	0.00
002590 2-Juice,Fruit Punch,4oz	1/2 cup	1	60	0.00	15	15.00	0.00	0.00	0.00	0	14.00	0.00	0.00	*N/A*	0.0	1.20	0.00
001589 2-Broccoli,Fresh,Raw	1/2 cup	1	11	0.00	10	0.54	0.00	0.12	0.00	0	2.09	0.83	0.89	*N/A*	14.9	28.11	0.23
001681 2-Corn	1/2 cup	1	111	0.00	18	3.69	0.00	0.92	0.00	0	16.61	1.85	1.85	*N/A*	36.9	0.00	0.00

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001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001870 2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000470 2-Soy Sauce packet	.5 oz	1	0	0.00	6	0.00	0.00	0.00	0.00	0	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001666 2-Sauce, Taco, packet, 9 gram	1 each	1	5	0.00	95	0.00	0.00	0.00	0.00	0	1.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			2948	32.19	6078	80.08	0.00	113.91	1.02	214	335.95	32.44	139.86	*0	1379.1	54.09	17.57
% of Calories				9.83%		10.87%	0.00%	34.8%	0.3%		45.6%		19.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

Friday - 10/03/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990393 2-Chicken and Waffle (Maple)	serving	1	466	4.67	547	12.87	0.00	22.02	0.00	37	46.89	4.60	18.88	*N/A*	42.7	0.00	1.56
990385 2-Waffle Buttery Maple	Each	1	250	4.00	290	15.00	14.00	9.00	0.00	35	37.00	2.00	6.00	*N/A*	40.0	0.00	1.50
990283 2-Chicken Nuggets-only	5 each	1	226	2.17	347	0.87	0.00	13.02	0.00	22	13.89	2.60	13.88	*N/A*	34.7	0.00	1.56
990426 2-Fish Filet on Bun w/Tarter Sauce	Each	1	420	2.08	1009	4.74	0.00	18.20	0.00	44	46.28	5.01	21.02	*N/A*	210.2	0.13	2.90
002801 2-Fish Filet on Bun-only	Each	1	350	1.00	480	4.00	0.00	11.01	0.00	40	45.01	5.00	21.01	*N/A*	210.0	0.00	2.90

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001952 2-Sauce, Tartar	1 Tablespoon	1	70	1.08	528	0.74	0.00	7.19	0.00	4	1.27	0.01	0.01	*N/A*	0.2	0.13	0.00
990574 2-Wrap, Chicken Caesar	each	1	643	6.96	1411	3.14	0.00	31.44	0.00	68	62.00	3.12	26.70	*N/A*	302.1	2.24	4.42
990546 2-Garlic Noodles w/ Tofu	servings	1	610	8.26	2194	5.99	0.00	21.57	0.00	11	79.44	10.98	29.35	*N/A*	281.5	3.34	7.30
002424 2-Mixed Fruit Cup	1/2 cup	1	70	0.00	0	4.98	0.00	0.00	0.00	0	16.94	1.00	0.00	*N/A*	5.0	1.20	0.00
004515 2-Juice, Apple (4oz.)	1/2 cup	1	50	0.00	0	12.00	0.00	0.00	0.00	0	13.00	0.00	0.00	*N/A*	0.0	0.00	0.00
990165 2-Mixed Vegetables, Bulk	1/2 cup	1	58	0.00	31	2.93	0.00	0.00	0.00	0	11.73	3.91	2.93	*N/A*	19.5	3.52	0.35
990576 2-Carrots, Spicy Jalapeno	1/2 cup	1	26	0.03	572	0.00	0.00	0.16	0.00	0	5.71	2.22	0.55	*N/A*	21.5	6.24	0.55
001876 2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	0.00	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001879 2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001661 2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000802 2-Mayo, packet, 9g	each	1	70	1.00	30	0.00	0.00	7.00	0.00	5	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
Weighted Daily Average			3568	32.76	7815	102.27	14.00	143.11	0.00	285	419.14	40.46	159.34	0	1867.5	18.00	23.42
% of Calories				8.26%		11.47%	0.00%	36.1%	0.0%		47.0%		17.9%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10	<=0									

		Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (RAE)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages		2984	31	5799	93	5	115.98	0.34	465	345.30	41.85	145.30	*0	1733	56.55	20.18
% of Calories			9.44%		12.41%	0.00%	35.0%	0.1%		46.3%		19.5%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)	
Calories	2984		750-850	351%		2134.00		Correction Required - Calories too High	

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Oct 1, 2025 thru Oct 31, 2025

Saturated Fat	31.30 g	9.44%	<10.000%					
Sodium	5799 mg		1280.000	453%		4519.00		Correction Required - Sodium too High
Total Sugars	92.58 g	12.41%						
Added Sugars¹	4.80 g	0.00%	<10.00%					
Total Fat	115.98 g	35.0%						
Trans Fat	0.34 g	0.1%						
Cholesterol	465 mg							
Carbohydrate	345.30 g	46.3%						
Fiber	41.85 g							
Protein	145.30 g	19.5%						
Vitamin A	*0 RAE						Missing Data	
Calcium	1732.6 mg							
Vitamin C	56.55 mg							
Iron	20.18 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
Added Sugars target is informational only, with an effective date of July 1, 2027.

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.