

Base Menu Spreadsheet

Portion Values

Jun 1, 2026 thru Jun 5, 2026

Menu Name: Nutrient Info Lunch **Include Cost:** No

Site:

Use Alternate Menu Name: No

Monday - 06/01/2026

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 (mcg RAE)	CalcM (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990431 2-Teriyaki Chicken w/rice Kit	Servings	1	338	1.42	435	6.00	0.00	4.17	0.00	54	56.38	1.34	16.03	*0	20.2	0.00	2.70
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
002018 2-Honey BBQ Pork Rib Sandwich	each	1	413	6.07	848	13.11	0.00	19.21	0.00	25	42.14	4.01	20.16	*N/A*	220.2	1.22	2.89
990557 2-Burrito, Los Cabos	each	1	296	4.05	499	1.09	0.00	8.94	0.00	18	40.86	8.81	15.12	*N/A*	200.0	1.20	2.70
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
001036 .																	
000108 2-Apple, fresh, wh, 163 ct	1/2 cup	1	53	0.00	1	10.51	0.00	0.17	0.00	0	13.98	2.40	0.26	*N/A*	6.0	4.61	0.12
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
003505 2-Carrots, Baby	1/2 cup	1	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990136 2-Beans, Seasoned Pinto	1/2 cup	1	546	0.00	771	0.00	0.00	3.11	0.00	0	92.95	48.29	26.99	*N/A*	340.8	0.16	9.00
001039 TOTAL																	

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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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001879	2-Milk, Chocolate, Crystal Cream	8 oz	1	120	0.00	150	19.00	0.00	0.00	5	22.00	0.00	9.00	*N/A*	300.0	0.00	0.36
001876	2-Milk, White, Crystal Creamery	8 oz	1	130	1.50	160	15.00	0.00	2.50	15	16.00	0.00	10.00	*N/A*	400.0	1.20	0.00
001661	2-Ketchup, packet, 9 gram	1 each	1	10	0.00	65	1.00	0.00	0.00	0	2.00	0.00	0.00	*N/A*	0.0	0.00	0.00
000804	2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00
001870	2-Ranch packet, 12 gram	ea	1	70	1.50	110	0.00	0.00	8.00	0	1.00	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	0.01	0.00	0.01	*N/A*	0.0	0.00	0.00
001039	TOTAL																
001036	.																
Weighted Daily Average			3058	27.93	4582	111.77	0.00	92.95	0.00	149	405.57	78.32	147.49	*0	1598.7	9.59	22.08
% of Calories				8.22%		14.62%	0.00%	27.4%	0.0%		53.1%		19.3%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Tuesday - 06/02/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167	Week 1																
001828	2-Salad, Chicken Caesar w/ roll	each	1	492	4.53	869	6.64	0.00	26.30	68	39.77	3.80	25.05	*N/A*	111.9	2.24	1.94
990388	2-Cheeseburger on a bun (Steak Burger Patty) Delux	1 each	1	474	11.07	1031	5.30	0.00	25.27	86	35.44	3.69	30.73	*0	347.9	4.69	4.10
001104	2-Wrap,Spicy Chicken	1 each	1	597	7.51	1158	2.09	0.00	28.54	40	55.32	5.16	23.21	*0	128.9	0.92	3.93

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002524	2-Corn Dog-only	1 each	1	240	2.50	470	7.00	0.00	9.00	0.00	40	30.00	2.00	9.00	*N/A*	100.0	0.00	1.50
000013	2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392	Other																	
001039	TOTAL																	
000477	2-Peaches, sliced, canned	1/2 cup	1	55	0.00	0	10.90	0.00	0.00	0.00	0	13.09	1.09	1.09	*N/A*	0.0	1.31	0.00
004515	2-Juice, Apple (4oz.)	1/2 cup	4	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
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
003505	2-Carrots, Baby	1/2 cup	4	26	0.00	57	3.51	0.00	0.10	0.00	0	6.07	2.14	0.47	*N/A*	0.0	0.00	0.00
990481	j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036	.																	
001039	TOTAL																	
001876	2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
000804	2-Mustard, packet, 1/5 oz	1 each	1	1	0.00	60	0.00	0.00	0.00	0.00	0	0.00	0.00	0.00	*N/A*	0.0	0.00	0.00

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Jun 1, 2026 thru Jun 5, 2026

	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 (mcg RAE)	Calc ^m (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			873	9.54	1413	47.14	0.00	35.96	0.00	70	100.37	8.78	38.66	*0	554.7	4.69	3.98
% of Calories				9.84%		21.60%	0.00%	37.1%	0.0%		46.0%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Wednesday - 06/03/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990654 BBQ Pulled Chicken Sandwich	serving	1	487	4.52	1376	30.15	0.00	10.55	0.00	91	63.06	3.00	33.80	*0	265.0	0.00	5.90
990506 2-Vegetarian Pasta Salad	servings	1	373	1.84	1505	7.61	0.00	9.15	0.00	5	55.45	9.25	14.01	*N/A*	85.4	5.26	5.81
002525 2-Chicken, Spicy Sandwich Deluxe	each	1	442	3.00	799	6.30	0.00	17.10	0.00	25	50.44	6.69	22.50	*N/A*	247.7	4.69	4.68
990117 2-Pizza, Pepperoni-homemade	each	1	348	6.32	742	5.34	0.00	12.50	0.00	32	32.23	3.28	25.32	*N/A*	9.7	0.00	1.49
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
000813 2-Raisins, Individual-1.5oz box	1/2 cup equ	1	114	0.00	9	0.00	0.00	0.00	0.00	0	27.18	1.75	0.88	*N/A*	17.5	0.00	0.95
001411 2-Juice, Orange Tangerine, 100% (4oz.)	1/2 cup	4	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	4	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

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990350 2-Chickpeas Roasted, Italian Seasoning	Serving-1/2 cup	1	186	1.25	171	1.22	0.00	9.33	0.00	0	19.85	6.12	6.12	*N/A*	48.9	0.00	1.81
990481 j-Lettuce, Pickle & Tomato Cup - Deluxe	serving	1	12	0.00	199	1.30	0.00	0.10	0.00	0	2.44	0.69	0.50	*N/A*	7.7	4.69	0.18
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
001870 2-Ranch packet, 12 gram	ea	2	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			914	7.76	1659	50.22	0.40	30.42	0.00	50	117.13	11.45	41.96	*0	574.7	76.60	6.28
% of Calories				7.64%		21.98%	0.18%	30.0%	0.0%		51.3%		18.4%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

Thursday - 06/04/2026

Reimbursable Meal Total 4

	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 (mcg RAE)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990167 Week 1																	
990644 Sweet/Sour Beef w/Veggie Rice	serving	1	632	5.34	896	19.60	0.00	14.64	0.76	61	92.62	9.73	31.54	*N/A*	66.9	4.49	4.27
990655 Popcorn Chicken w/ Fries & Dinner Roll	serving	1	429	2.62	594	3.49	0.00	17.37	0.00	24	50.39	4.26	22.42	*0	28.3	14.66	2.61

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990641 Grilled Cheese & Tomato Soup	serving	1	543	14.03	1890	14.97	0.00	31.08	0.00	50	54.29	4.91	19.83	*0	358.3	0.00	2.15
000013 2-PB&J Sandwich Lunch	1 each	1	648	7.05	662	22.21	0.00	34.25	0.00	0	65.95	8.03	24.12	*0	101.6	0.00	2.81
990392 Other																	
001039 TOTAL																	
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	4	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	4	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	4	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
001036 .																	
001039 TOTAL																	
001876 2-Milk, White, Crystal Creamery	8 oz	2	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	2	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
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
Weighted Daily Average			920	8.64	1246	51.30	0.00	30.38	0.19	45	122.05	10.09	36.72	*0	543.5	34.96	3.37
% of Calories				8.45%		22.30%	0.00%	29.7%	0.2%		53.1%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1280		<10										

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	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 (mcg RAE)	Calc (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	1441	13.47	2225	65.11	0.10	47.43	0.05	78	186.28	27.16	66.21	*0	817.90	31.46	8.93
% of Calories		8.41%		18.07%	0.03%	29.6%	0.0%		51.7%		18.4%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	1441		750-850	170%		591.00		Correction Required - Calories too High
Saturated Fat	13.47 g	8.41%	<10.000%					
Sodium	2225 mg		1280.000	174%		945.00		Correction Required - Sodium too High
Total Sugars	65.11 g	18.07%						
Added Sugars ¹	0.10 g	0.03%	<10.00%					
Total Fat	47.43 g	29.6%						
Trans Fat	0.05 g	0.0%						
Cholesterol	78 mg							
Carbohydrate	186.28 g	51.7%						
Fiber	27.16 g							
Protein	66.21 g	18.4%						
Vitamin A	*0 mcg RAE						Missing Data	
Calcium	817.9 mg							
Vitamin C	31.46 mg							
Iron	8.93 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.