

Base Menu Spreadsheet

Portion Values

Jun 1, 2024 thru Jun 15, 2024

Menu Name: McKenzie Elementary School
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 06/03/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000839 Italian Sub on French Roll	1 Sandwich	1	424	8.76	2004	*1	*N/A*	19.85	0.00	82	35.50	1.66	30.49	708	166.7	5.90	1.25
000082 Veggies	2-4 oz portion	1	20	0.00	0	*N/A*	*N/A*	0.20	0.00	0	4.00	1.50	1.00	*N/A*	*N/A*	*N/A*	*N/A*
000034 LETTUCE & TOMATO:1 leaf,2 slice	1 lf,2 slc	1	5	0.01	2	1	*N/A*	0.06	0.00	0	1.11	0.36	0.26	230	3.4	3.51	0.09
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
Weighted Daily Average			784	11.77	2250	*2	*0	34.81	*0.00	98	80.11	*7.02	43.25	*939	*480.1	*15.41	*2.06
% of Calories				13.51 %		*1.0%	*0%	40.0%	*0.0%		40.9%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Tuesday - 06/04/2024 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000390 Bagel - McKenzie	Bagel	1	230	0.00	390	*N/A*	*N/A*	2.00	0.00	0	44.00	2.00	8.00	0	0.0	0.00	0.00
000306 Cream Cheese Cup	1 oz cup	1	50	3.00	80	*N/A*	*N/A*	5.00	0.00	15	2.00	0.00	1.00	0	0.0	0.00	0.00

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000763 Jelly Cup	1/2 oz	1	35	0.00	0	*N/A*	*N/A*	0.00	0.00	0	9.00	0.00	0.00	0	0.0	*N/A*	0.00
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
990072 String Cheese	1	1	90	5.00	180	0	*N/A*	6.00	0.00	20	1.00	0.00	7.00	*N/A*	198.0	*N/A*	0.06
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	0.00	0.00
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			676	10.68	1008	*18	*0	17.57	*0.08	60	95.50	*5.50	33.19	*3207	*778.6	*20.00	*1.12
% of Calories				14.22 %		*10.7%	*0%	23.4%	*0.1%		56.5%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

Wednesday - 06/05/2024

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000414 Turkey Sandwich on Wheat	Sandwich	1	331	8.01	1542	*1	*N/A*	14.56	0.00	50	33.22	*2.42	20.31	842	244.7	3.16	2.28
000810 Chips-Selection Varies	Bag	1	210	1.50	125	*N/A*	*N/A*	12.00	0.00	0	23.00	2.00	3.00	0	20.0	6.00	0.72
000304 Fresh Fruit	2-4 oz	1	25	0.00	0	*N/A*	*N/A*	0.20	0.00	0	5.50	1.50	0.50	*N/A*	*N/A*	*N/A*	*N/A*
000352 Seasonal Vegetables	2/3 Cup	1	36	1.18	28	*0	*N/A*	1.87	0.08	5	4.00	2.00	0.69	3057	0.6	20.00	0.96
000837 1% Low Fat Milk	1 Carton	1	100	1.50	120	*N/A*	*N/A*	2.50	*N/A*	15	11.00	*N/A*	8.00	0	290.0	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 (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990073 MILK,CHOC,LOWFAT, 1%	1	1	110	0.00	210	18	*N/A*	0.00	*N/A*	5	19.00	0.00	8.00	150	290.0	0.00	0.10
Weighted Daily Average			812	12.19	2026	*19	*0	31.13	*0.08	75	95.72	*7.92	40.50	*4049	*845.3	*29.16	*4.06
% of Calories				13.51 %		*9.4%	*0%	34.5%	*0.1%		47.2%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	757	12	1761	*13	*0	27.84	*0.05	78	90.44	*6.81	38.98	*2732	*701.3	*21.52	*2.41
% of Calories		13.73%		*6.9%	*0%	33.1%	*0.1%		47.8%		20.6%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	757		550-650	116%		107.00		Correction Required - Calories too High
Saturated Fat	11.55 g	13.73%	<10.000%			3.74%		Correction Required - Sat. Fat too High
Sodium	1761 mg		1110.000	159%		651.00		Correction Required - Sodium too High
Total Sugars	*13 g	*6.9%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	27.84 g	33.1%						
Trans Fat	*0.05 g	*0.1%					Missing Data	
Cholesterol	78 mg							
Carbohydrate	90.44 g	47.8%						
Fiber	*6.81 g						Missing Data	
Protein	38.98 g	20.6%						
Vitamin A	*2732 IU						Missing Data	
Calcium	*701.3 mg						Missing Data	
Vitamin C	*21.52 mg						Missing Data	
Iron	*2.41 mg						Missing Data	

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**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

² - 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 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.*