

**Base Menu Spreadsheet**

Portion Values

Jun 1, 2024 thru Jun 8, 2024

**Menu Name:** Highcrest Middle 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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000313 Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16
000398 Ham	3 Slices	1	66	1.13	765	*N/A*	*N/A*	2.25	0.00	28	0.00	0.00	11.25	0	0.0	0.00	0.40
000386 American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00
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
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*
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			637	8.13	1622	*1	*0	25.21	*0.00	58	72.61	*7.36	32.01	*530	*453.4	*9.51	*3.37
% of Calories				11.49 %		*0.6%	*0%	35.6%	*0.0%		45.6%		20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

**Tuesday - 06/04/2024                      Reimbursable Meal Total 1**

**Base Menu Spreadsheet**

Portion Values

Jun 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000313	Wheat Bread	2 Slices	1	140	0.00	270	*N/A*	*N/A*	2.00	0.00	0	26.00	2.00	4.00	0	40.0	0.00	2.16
000816	Turkey Breast - Natural	4 Slices	1	60	0.50	360	*N/A*	*N/A*	1.50	0.00	25	1.00	0.00	10.00	0	0.0	0.00	0.36
000386	American Cheese Slice	1 slice	1	70	4.00	340	*N/A*	*N/A*	6.00	0.00	15	2.00	0.00	4.00	300	100.0	0.00	0.00
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
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*
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				630	7.51	1217	*1	*0	24.46	*0.00	55	73.61	*7.36	30.76	*530	*453.4	*9.51	*3.33
% of Calories					10.73 %		*0.6%	*0%	34.9%	*0.0%		46.7%		19.5%				
Weekly Nutrient Guideline				550 - 650	<10	1110			<=0									

**Wednesday - 06/05/2024**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	
000722	Ham, Turkey and Cheese W.W.Sub	1 Sandwich	1	259	4.50	1271	*N/A*	*N/A*	9.32	0.00	43	27.67	*1.99	18.79	300	149.7	0.00	1.52
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

**Base Menu Spreadsheet**

Portion Values

Jun 1, 2024 thru Jun 8, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			619	7.51	1518	*1	*0	24.28	*0.00	58	72.28	*7.34	31.55	*530	*463.0	*9.51	*2.33
% of Calories				10.92 %		*0.6%	*0%	35.3%	*0.0%		46.7%		20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1110			<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	629	8	1452	*1	*0	24.65	*0.00	57	72.83	*7.35	31.44	*530	*456.6	*9.51	*3.01
% of Calories		11.05%		*0.6%	*0%	35.3%	*0.0%		46.3%		20.0%				

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	629		550-650	100%				
Saturated Fat	7.72 g	11.05%	<10.000%			1.06%		Correction Required - Sat. Fat too High
Sodium	1452 mg		1110.000	131%		342.00		Correction Required - Sodium too High
Total Sugars	*1 g	*0.6%					Missing Data	
Added Sugars	*0 g	*0%					Missing Data	
Total Fat	24.65 g	35.3%						
Trans Fat	*0.00 g	*0.0%					Missing Data	
Cholesterol	57 mg							
Carbohydrate	72.83 g	46.3%						
Fiber	*7.35 g						Missing Data	
Protein	31.44 g	20.0%						
Vitamin A	*530 IU						Missing Data	
Calcium	*456.6 mg						Missing Data	
Vitamin C	*9.51 mg						Missing Data	

# Base Menu Spreadsheet

## Portion Values

Jun 1, 2024 thru Jun 8, 2024

Iron	*3.01 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*

*<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 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.