

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Jan 15, 2024 thru Jan 19, 2024

Menu Name: 2023-2024 Lunch 9-12
Site: 1 - Seed School DC
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 01/15/2024

Reimbursable Meal Total 250

	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)
990386 Flatbread Cheese Pizza	1 each	150	217	2.90	678	3	1	8.97	0.00	9	21.53	3.19	13.22
990280 Pepperoni Flatbread Pizza	1 each	50	70	1.04	211	1	0	2.90	0.00	4	7.14	1.06	3.98
990410 Veggie Flatbread Pizza	1 each	50	74	1.10	217	1	0	2.89	0.00	4	7.70	1.18	4.65
990691 Peaches, Diced	1/2 cup	200	36	0.00	0	7	0	0.00	0.00	0	8.59	0.00	0.72
990632 Fresh Fruit	1/2 cup	300	103	0.05	1	18	0	0.33	0.00	0	25.41	3.54	0.67
990102 Chopped Salad (DG)	1 cup	200	30	0.11	39	3	0	0.85	0.00	0	4.15	1.34	2.00
990259 Roasted Green Beans	1/2 cup	300	50	0.41	5	3	0	2.78	0.00	0	6.24	2.42	1.63
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
Weighted Daily Average			681	7.08	1260	48	1	21.00	0.00	29	92.68	12.73	35.06
% of Calories				9.36%		28.2%	0.6%	27.8%	0.0%		54.4%		20.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Tuesday - 01/16/2024

Reimbursable Meal Total 250

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Meriwether Godsey Inc

Weighted Values

Jan 15, 2024 thru Jan 19, 2024

	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)
990453 Brown Rice	1 cup	150	100	0.09	0	0	0	0.65	0.00	0	20.56	1.12	2.23
990694 Tabouli	1 cup	100	103	0.14	78	1	0	2.23	0.00	0	16.71	1.95	3.30
990622 Lemon Greek Chicken	2 oz.	150	104	1.33	17	0	0	6.80	0.00	26	0.81	0.09	10.21
990744 MG Hummus M/MA	.5 cup	150	230	1.13	278	5	0	10.41	0.00	0	26.87	5.56	8.90
990645 Greek Bowl Toppings	1 cup	250	119	1.94	554	7	0	5.02	0.00	8	16.39	2.41	2.97
990619 Fresh Fruit Salad	1/2 cup	250	34	0.03	8	7	0	0.13	0.00	0	8.50	0.60	0.54
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
Weighted Daily Average			877	6.18	1044	48	0	27.81	0.00	47	122.92	14.68	36.91
% of Calories				6.34%		21.9%	0%	28.5%	0.0%		56.1%		16.8%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Thursday - 01/18/2024

Reimbursable Meal Total 250

	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)
990077 Chicken & Roasted Pepper Quesadilla	1 each	200	251	4.51	587	3	0	9.62	0.00	31	27.20	1.16	15.26
990403 Cheese Quesadilla	1 each	50	75	1.94	185	0	0	3.99	0.00	9	6.60	0.20	3.91
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56

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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)
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54
990584 Black Bean and Corn Salad (Legume)	3/4 cup	250	144	0.15	187	4	0	0.89	0.00	0	27.22	5.86	7.75
990534 Herb Roasted Carrots	1/2 cup	250	78	0.36	98	0	0	2.50	0.00	0	13.79	4.06	1.37
990120 Milk, Lowfat 1%	1 cup	10	4	0.06	4	1	0	0.09	0.00	0	0.48	0.00	0.33
990154 Milk, Fat Free	1 cup	240	86	0.00	115	11	0	0.38	0.00	5	10.56	0.00	7.42
Weighted Daily Average			775	7.11	1179	45	0	17.86	0.00	45	120.69	14.90	37.14
% of Calories				8.26%		23.2%	0%	20.7%	0.0%		62.3%		19.2%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

Friday - 01/19/2024

Reimbursable Meal Total 250

	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)
990611 Southwest Philly Cheesesteak	1 each	200	383	4.79	612	4	0	13.45	0.00	29	47.14	4.14	19.48
990640 Southwest Veggie Cheesesteak	1 each	50	96	1.00	149	1	0	2.77	0.00	3	11.95	1.49	5.83
990464 Cut Melon	1/2 cup	250	29	0.04	14	7	0	0.14	0.00	0	7.13	0.70	0.57
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990220 Roasted Potato Wedges	1/2 cup	250	96	0.34	13	0	0	2.29	0.00	0	16.55	3.34	3.42
990402 Cranberry Broccoli Salad	1/2 cup	250	76	0.83	35	5	2	4.79	0.01	1	7.83	1.64	1.66
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89

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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)
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
Weighted Daily Average			867	8.51	932	43	2	26.00	0.01	45	123.70	14.27	39.71
% of Calories				8.83%		19.8%	0.9%	27.0%	0.0%		57.1%		18.3%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=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)
Weighted Averages	800	7	1104	46	1	23.17	0.00	42	115.00	14.14	37.20
% of Calories		8.12%		23.0%	0.5%	26.1%	0.0%		57.5%		18.6%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	800		750-850	100%				
Saturated Fat	7.22 g	8.12%	<10.000%					
Sodium	1104 mg		1280.000	86%				
Total Sugars	46 g	23.0%						
Added Sugars	1 g	0.5%						
Total Fat	23.17 g	26.1%						
Trans Fat	0.00 g	0.0%						
Cholesterol	42 mg							
Carbohydrate	115.00 g	57.5%						
Fiber	14.14 g							
Protein	37.20 g	18.6%						

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.