

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 8, 2024 thru Apr 11, 2024

Menu Name: 2023-2024 Breakfast 9-12 Include Cost: Yes
 Site: 1 - Seed School DC Report Style: Detailed
 Use Alternate Menu Name: No

Monday - 04/08/2024 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990449 Pancake Sausage on a Stick	1 Each	125	150	1.25	168	10	10	5.00	0.00	12	22.50	1.50	3.50	0	19.5	0.00	0.52	\$0.000
990291 Blueberry Muffin	1 Each	125	95	1.00	65	8	6	3.00	0.00	15	15.00	1.00	1.50	0	0.0	0.00	0.45	\$0.000
990430 Diced Peaches	1/2 cup	250	50	0.00	0	10	0	0.00	0.00	0	12.00	1.00	1.00	200	0.0	27.00	0.00	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			490	3.73	369	54	16	10.67	0.00	42	83.68	6.45	15.52	263	60.3	37.39	1.24	\$0.000
% of Calories				6.85%		44.1%	13.1%	19.6%	0.0%		68.3%		12.7%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Tuesday - 04/09/2024 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990446 Bagel, White Wheat, Lender	1 each	200	197	2.43	333	12	8	4.85	0.00	16	32.82	3.20	8.02	296	29.1	0.00	1.15	\$0.000
990663 Apple Butter Cup	1 each	200	16	0.00	0	4	2	0.00	0.00	0	4.80	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 8, 2024 thru Apr 11, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990662 Go-Gurt, Strawberry	2 each	50	18	0.00	12	2	1	0.20	0.00	2	3.20	0.00	0.80	0	48.0	0.00	0.00	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			550	3.97	496	64	11	8.36	0.00	32	104.04	10.83	19.47	*499	*137.1	*19.29	*2.81	\$0.000
% of Calories				6.50%		46.5%	8.0%	13.7%	0.0%		75.7%		14.2%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Wednesday - 04/10/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
990666 Warm Maple French Toast	1 piece	125	125	1.31	85	5	2	3.57	0.00	115	16.12	0.51	5.90	*1	*2.3	*0.12	*0.01	\$0.000
990708 Breakfast Bars WG	1 Each	60	15	0.10	10	1	1	0.39	0.00	0	2.80	0.19	0.19	0	0.0	0.00	0.00	\$0.000
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	60	26	0.00	12	3	2	0.00	0.00	1	3.60	0.24	2.64	180	24.0	0.00	0.00	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990664 Orange Juice Cup	4 fl oz	250	50	0.00	15	10	0	0.00	0.00	0	12.00	1.00	1.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 8, 2024 thru Apr 11, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			429	2.89	272	46	5	6.95	0.00	131	72.15	5.39	19.90	*285	*75.4	*11.01	*1.45	\$0.000
% of Calories				6.06%		42.9%	4.7%	14.6%	0.0%		67.3%		18.6%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 04/11/2024

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 MYO Yogurt Parfait	1.25 cups	200	339	0.92	207	29	19	8.14	0.00	4	55.46	4.25	12.87	2523	144.0	25.68	7.57	\$0.000
990636 Pop Tart	1 each	50	34	0.20	23	3	3	0.50	0.00	0	7.20	0.60	0.40	100	26.0	0.00	0.36	\$0.000
990322 String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20	0	0.0	0.00	0.00	\$0.000
990620 Fresh Berries	1/2 cup	100	13	0.01	0	2	0	0.13	0.00	0	2.85	0.89	0.25	16	5.7	14.39	0.14	\$0.000
990632 Fresh Fruit	1/2 cup	200	69	0.03	1	12	0	0.22	0.00	0	16.94	2.36	0.44	43	8.6	6.71	0.22	\$0.000
990440 SEED 1% Low Fat Milk, PC	1 Each	240	106	1.44	130	12	0	2.40	0.00	14	12.48	0.00	8.64	10	28.8	1.92	0.00	\$0.000
990439 SEED Fat Free Skim Milk, PC	1 Each	10	4	0.00	5	0	0	0.00	0.00	0	0.52	0.00	0.32	0	1.2	0.08	0.00	\$0.000
Weighted Daily Average			580	3.20	406	58	22	12.58	0.00	22	95.66	8.11	24.12	2692	214.3	48.79	8.28	\$0.000
% of Calories				4.97%		40.0%	15.2%	19.5%	0.0%		66.0%		16.6%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 8, 2024 thru Apr 11, 2024

	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 (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	512	3	386	56	14	9.64	0.00	57	88.88	7.70	19.75	*935	*121.8	*29.12	*3.44	\$0.000
% of Calories		6.06%		43.8%	10.9%	16.9%	0.0%		69.4%		15.4%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	512		450-600	100%				
Saturated Fat	3.45 g	6.06%	<10.000%					
Sodium	386 mg		640.000	60%				
Total Sugars	56 g	43.8%						
Added Sugars	14 g	10.9%						
Total Fat	9.64 g	16.9%						
Trans Fat	0.00 g	0.0%						
Cholesterol	57 mg							
Carbohydrate	88.88 g	69.4%						
Fiber	7.70 g							
Protein	19.75 g	15.4%						
Vitamin A	*935 IU						Missing Data	
Calcium	*121.8 mg						Missing Data	
Vitamin C	*29.12 mg						Missing Data	
Iron	*3.44 mg						Missing Data	

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.

Planned Menu Spreadsheet

Weighted Values

Menu Name:	2023-2024 Lunch 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/08/2024 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)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
990386 Flatbread Cheese Pizza	1 each	100	155	2.59	471	2	0	7.18	0.00	9	15.72	2.12	7.78	620	502.5	3.20	0.99	\$0.000
990280 Pepperoni Flatbread Pizza	1 each	100	150	2.74	442	2	0	6.99	0.00	12	15.65	2.12	6.92	481	462.1	3.20	1.06	\$0.000
990410 Veggie Flatbread Pizza	1 each	50	81	1.53	230	1	0	3.69	0.00	6	8.61	1.18	3.97	337	307.3	2.47	0.60	\$0.000
990691 Peaches, Diced	1/2 cup	250	54	0.00	0	13	0	0.00	0.00	0	14.32	0.00	0.90	525	6.3	3.22	0.24	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990102 Chopped Salad (DG)	1 cup	250	37	0.14	49	3	0	1.07	0.00	0	5.19	1.67	2.50	4388	47.1	6.35	0.92	\$0.000
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36	507	27.8	8.95	0.77	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
Weighted Daily Average			706	8.86	1306	53	1	23.81	0.00	39	97.80	12.07	32.19	7391	1668.6	35.88	4.92	\$0.000
% of Calories				11.29 %		30.0%	0.6%	30.4%	0.0%		55.4%		18.2%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 04/09/2024 Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 8, 2024 thru Apr 11, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990453 Brown Rice	1 cup	150	100	0.09	0	0	0	0.65	0.00	0	20.56	1.12	2.23	32	0.5	0.50	0.02	\$0.000
990694 Tabouli	1 cup	100	103	0.14	78	1	0	2.23	0.00	0	16.71	1.95	3.30	273	28.9	*11.83	2.40	\$0.000
990622 Lemon Greek Chicken	2 oz.	150	104	1.33	17	0	0	6.80	0.00	26	0.81	0.09	10.21	11	8.4	2.66	0.46	\$0.000
990744 MG Hummus M/MA	.5 cup	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990645 Greek Bowl Toppings	1 cup	250	119	1.94	554	7	0	5.02	0.00	8	16.39	2.41	2.97	*6790	*42.2	*8.53	*1.07	\$0.000
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	814	6.4	13.40	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
Weighted Daily Average			647	5.05	766	43	0	17.40	0.00	47	96.05	9.12	28.01	*8452	*402.0	*45.41	*4.49	\$0.000
% of Calories				7.02%		26.6%	0%	24.2%	0.0%		59.4%		17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 04/11/2024

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990077 Chicken & Roasted Pepper Quesadilla	1 each	200	275	5.32	571	3	0	12.05	0.00	40	27.20	1.16	14.44	*98	*60.5	*8.56	*0.29	\$0.000
990403 Cheese Quesadilla	1 each	50	87	2.35	177	0	0	5.21	0.00	13	6.60	0.20	3.51	*15	*13.4	*0.00	*0.00	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Apr 8, 2024 thru Apr 11, 2024

Weighted Values

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54	50	7.6	2.42	0.27	\$0.000
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	32	45.1	20.32	2.05	\$0.000
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	23873	50.7	9.10	0.54	\$0.000
990120 Milk, Lowfat 1%	1 cup	10	4	0.06	4	1	0	0.09	0.00	0	0.48	0.00	0.33	19	12.2	0.00	0.00	\$0.000
990154 Milk, Fat Free	1 cup	240	86	0.00	115	11	0	0.38	0.00	5	10.56	0.00	7.42	480	288.0	2.30	0.00	\$0.000
Weighted Daily Average			812	8.32	1155	45	0	21.51	0.00	57	120.70	14.90	35.92	*24620	*488.3	*51.09	*3.43	\$0.000
% of Calories				9.22%		22.2%	0%	23.8%	0.0%		59.5%		17.7%					
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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	722	7	1076	47	0	20.91	0.00	48	104.85	12.03	32.04	*13488	*853.0	*44.13	*4.28	\$0.000
% of Calories		9.24%		26.0%	0%	26.1%	0.0%		58.1%		17.8%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	722		750-850	96%	28.00			Correction Required - Calories are Low
Saturated Fat	7.41 g	9.24%	<10.000%					
Sodium	1076 mg		1280.000	84%				
Total Sugars	47 g	26.0%						
Added Sugars	0 g	0%						
Total Fat	20.91 g	26.1%						
Trans Fat	0.00 g	0.0%						
Cholesterol	48 mg							
Carbohydrate	104.85 g	58.1%						

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Fiber	12.03 g						
Protein	32.04 g	17.8%					
Vitamin A	*13488 IU					Missing Data	
Calcium	*853.0 mg					Missing Data	
Vitamin C	*44.13 mg					Missing Data	
Iron	*4.28 mg					Missing Data	

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

! - denotes required nutrient values

‡ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

Menu Name:	2023-2024 Breakfast 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/22/2024

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990737 Blueberry Waffles	1 Each	50	59	0.18	35	5	5	1.06	0.00	0	12.16	0.35	0.71	0	17.7	0.00	0.19	\$0.000
990125 SEED Whole Grain English muffin, Bake Crafter's	1 each	0	0	0.00	0	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
990473 Jelly Cup, Grape, PC	1 each	100	14	0.00	2	3	2	0.00	0.00	0	3.64	0.00	0.00	0	0.4	0.00	0.00	\$0.000
990668 Jelly Cup, Strawberry, PC, Smuckers	1 each	100	14	0.00	2	3	3	0.00	0.00	0	3.60	0.00	0.00	0	0.4	0.00	0.00	\$0.000
990667 Butter, Whipped, PC	1 each	100	16	1.00	12	0	0	1.60	0.00	4	0.00	0.00	0.00	0	0.4	0.00	0.00	\$0.000
990138 Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57	515	30.2	63.57	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			338	2.70	163	48	13	5.32	0.00	16	64.32	4.57	10.04	1048	364.7	72.06	0.80	\$0.000
% of Calories				7.19%		56.8%	15.4%	14.2%	0.0%		76.1%		11.9%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Tuesday - 04/23/2024

Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

	Portion Size	Reimb Qty	Cals* (kcal)	S-Fat* (g)	Sodm* (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
990446 Bagel, White Wheat, Lender	1 each	225	221	2.73	375	14	9	5.46	0.00	18	36.92	3.60	9.02	334	32.7	0.00	1.30	\$0.000
990124 SEED Whole Grain Cereal	23 grams	25	9	0.00	7	0	0	0.16	0.00	0	1.72	0.25	0.33	21	4.1	0.25	0.59	\$0.000
990738 Yogurt, Greek, Chobani, Assortment	1 each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			536	4.31	497	62	10	8.49	0.00	31	98.83	11.09	19.68	1059	373.4	17.14	2.44	\$0.000
% of Calories				7.24%		46.3%	7.5%	14.3%	0.0%		73.8%		14.7%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Thursday - 04/25/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals* (kcal)	S-Fat* (g)	Sodm* (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
990669 MYO Yogurt Parfait	1.25 cups	200	339	0.92	207	29	19	8.14	0.00	4	55.46	4.25	12.87	2523	144.0	25.68	7.57	\$0.000
990636 Pop Tart	1 each	50	34	0.20	23	3	3	0.50	0.00	0	7.20	0.60	0.40	100	26.0	0.00	0.36	\$0.000
990322 String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20	0	0.0	0.00	0.00	\$0.000
990201 Grapefruit Sections	1/2 cup	125	26	0.00	0	4	0	0.09	0.00	0	6.58	0.99	0.48	216	24.7	64.08	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	125	43	0.02	1	7	0	0.14	0.00	0	10.59	1.48	0.28	27	5.4	4.20	0.14	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			560	3.21	378	57	22	12.35	0.00	20	91.95	7.32	23.42	3345	504.9	94.05	8.36	\$0.000
% of Calories				5.16%		40.7%	15.7%	19.8%	0.0%		65.7%		16.7%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Friday - 04/26/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
990449 Pancake Sausage on a Stick	1 Each	200	240	2.00	268	15	15	8.00	0.00	20	36.00	2.40	5.60	0	31.2	0.00	0.82	\$0.000
990124 SEED Whole Grain Cereal	23 grams	50	17	0.00	13	0	0	0.33	0.00	0	3.45	0.49	0.66	41	8.2	0.49	1.17	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	50	22	0.00	10	3	2	0.00	0.00	1	3.00	0.20	2.20	150	20.0	0.00	0.00	\$0.000
990487 Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			557	3.63	401	58	17	11.22	0.00	33	98.62	8.67	18.32	788	380.1	17.77	2.60	\$0.000
% of Calories				5.87%		41.7%	12.2%	18.1%	0.0%		70.8%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	498	3	360	56	16	9.34	0.00	25	88.43	7.91	17.86	1560	406	50.26	3.55	\$0.000
% of Calories		6.25%		45.0%	12.9%	16.9%	0.0%		71.0%		14.3%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	498		450-600	100%				
Saturated Fat	3.46 g	6.25%	<10.000%					
Sodium	360 mg		640.000	56%				
Total Sugars	56 g	45.0%						
Added Sugars	16 g	12.9%						
Total Fat	9.34 g	16.9%						
Trans Fat	0.00 g	0.0%						
Cholesterol	25 mg							
Carbohydrate	88.43 g	71.0%						
Fiber	7.91 g							
Protein	17.86 g	14.3%						
Vitamin A	1560 IU							
Calcium	405.8 mg							
Vitamin C	50.26 mg							
Iron	3.55 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
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.

Base Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

Menu Name: 2023-2024 Lunch 9-12

Include Cost: Yes

Site:

Report Style: Detailed

Use Alternate Menu Name: No

Monday - 04/22/2024

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990624 BBQ Puled Pork Sandwich	1 each	225	295	4.16	609	7	4	12.08	0.00	46	31.00	3.45	18.42	235	33.5	3.60	7.50	\$0.000
990721 BBQ Chik'n Sandwich	1 each	25	28	0.12	57	1	0	0.80	0.00	0	3.38	0.38	2.15	26	3.8	0.40	0.44	\$0.000
990127 Hot Spiced Apples	1/2 cup	250	171	0.08	4	33	0	0.48	0.00	0	40.94	6.58	0.74	151	21.3	12.89	0.37	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990675 Vegetarian Baked Beans (Other Veg)	1/2 cup	250	147	0.00	361	12	11	0.00	0.00	0	29.31	4.88	6.84	105	48.8	0.00	1.86	\$0.000
990722 Classic Potato Salad	1/2 cup	250	85	0.37	99	2	0	2.54	0.00	4	13.14	1.42	2.62	36	22.0	7.10	0.95	\$0.000
990120 Milk, Lowfat 1%	1 cup	245	100	1.51	105	12	0	2.32	0.00	12	11.72	0.00	8.06	469	298.9	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	5	2	0.00	2	0	0	0.01	0.00	0	0.22	0.00	0.15	10	6.0	0.05	0.00	\$0.000
Weighted Daily Average			914	6.28	1240	83	15	18.50	0.00	61	150.88	19.67	39.53	1085	445.2	32.43	11.46	\$0.000
% of Calories				6.18%		36.3%	6.6%	18.2%	0.0%		66.0%		17.3%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 04/23/2024

Reimbursable Meal Total 250

Base Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990283 Beef Chili	1 cup	100	121	1.83	172	2	0	4.50	0.00	16	11.59	4.26	7.40	66	10.2	4.14	4.10	\$0.000
990500 White Chicken Chili	1 cup	125	95	0.55	131	1	0	1.67	0.00	22	8.14	2.54	10.91	76	9.7	0.62	0.50	\$0.000
990581 Black Bean & Sweet Potato Chili	1 cup	25	17	0.01	24	0	0	0.07	0.00	0	3.09	0.75	0.89	340	6.9	0.22	0.25	\$0.000
990725 Baked Potato Bar Toppings	.25 cup	250	34	1.26	76	1	0	2.31	0.00	8	1.66	0.35	1.78	*137	*7.2	*2.08	*0.16	\$0.000
990261 Tortilla Chips	1 oz.	150	85	0.61	46	0	0	4.25	0.00	0	10.93	1.22	1.22	0	0.0	0.00	0.00	\$0.000
990034 Corn Bread	1 slice	100	70	0.30	133	2	0	1.79	0.00	1	11.94	0.38	1.68	*21	*65.5	*0.00	*0.41	\$0.000
990723 Honeydew Melon	1/2 cup	250	31	0.03	15	7	0	0.12	0.00	0	7.73	0.68	0.46	42	5.1	15.30	0.14	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
000044 BAKED POTATO	1/2 EACH	250	80	0.03	9	1	0	0.11	0.00	0	18.29	1.90	2.16	9	13.0	8.30	0.93	\$0.000
990724 Buttered Corn	1/2 CUP	250	81	0.57	10	7	0	1.64	0.00	0	17.07	2.39	2.49	303	5.8	5.20	0.34	\$0.000
990120 Milk, Lowfat 1%	1 cup	245	100	1.51	105	12	0	2.32	0.00	12	11.72	0.00	8.06	469	298.9	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	5	2	0.00	2	0	0	0.01	0.00	0	0.22	0.00	0.15	10	6.0	0.05	0.00	\$0.000
Weighted Daily Average			802	8.75	724	49	0	19.06	0.00	58	123.57	17.43	37.75	*1526	*439.0	*44.31	*7.19	\$0.000
% of Calories				7.57%		24.4%	0%	21.4%	0.0%		61.6%		18.8%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Wednesday - 04/24/2024

Reimbursable Meal Total 250

Base Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc'm (mg)	Vit-C (mg)	Iron (mg)	Cost	
990727	Chicken Curry	1/2 cup	200	87	0.94	34	0	0	3.10	0.00	35	0.80	0.34	13.68	34	12.2	0.11	0.67	\$0.000
990728	Chickpea Masala	1/2 cup	50	55	0.13	69	2	0	1.31	0.00	0	8.66	2.98	2.89	337	21.9	5.76	0.79	\$0.000
990616	Pita Bread Triangles	1/2 each	125	60	0.00	130	0	0	0.25	0.00	0	13.00	1.00	2.25	0	38.8	0.00	0.76	\$0.000
990453	Brown Rice	1 cup	125	83	0.08	0	0	0	0.54	0.00	0	17.13	0.94	1.86	26	0.4	0.42	0.02	\$0.000
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	814	6.4	13.40	0.19	\$0.000
990632	Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990128	Sautéed Spinach	.5 cup	250	31	0.21	75	0	0	1.45	0.00	0	3.52	2.11	2.72	8862	94.1	26.55	2.57	\$0.000
990251	MG Hummus Veg	.25 cup	250	192	0.94	232	4	0	8.68	0.00	0	22.39	4.64	7.42	23	54.0	7.42	2.77	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154	Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				730	3.84	657	42	0	18.01	0.00	47	107.10	15.56	40.11	10628	543.4	62.14	8.13	\$0.000
% of Calories					4.73%		23.0%	0%	22.2%	0.0%		58.7%		22.0%					
Weekly Nutrient Guideline				750 - 850	<10	1280			<=0										

Thursday - 04/25/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc'm (mg)	Vit-C (mg)	Iron (mg)	Cost	
990217	Chicken Tenders	3 oz.	200	136	2.21	216	1	0	4.72	0.06	45	6.64	0.90	16.81	145	31.6	0.00	0.95	\$0.000
990502	Vegan Chik'n Nuggets	5 each	50	53	0.12	180	1	0	1.96	0.00	0	5.07	0.00	3.67	0	7.3	0.00	0.42	\$0.000

Base Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 22, 2024 thru Apr 26, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990451 WG Honey Biscuit	2 oz	125	130	2.98	159	9	8	4.48	0.00	0	20.99	0.99	1.99	0	80.6	0.00	0.70	\$0.000
990211 WG Pasta Salad	1 cup	125	46	0.01	24	1	0	0.26	0.00	0	9.93	0.89	2.03	58	12.5	4.44	0.91	\$0.000
990651 Applesauce, unsweetened	1/2 cup	250	51	0.00	2	11	0	0.01	0.00	0	13.75	1.34	0.21	1	4.9	25.86	0.28	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990308 Sweet Potato Fries	1/2 cup	250	70	0.50	172	4	1	3.02	0.00	0	11.05	0.67	0.34	1113	13.1	1.41	0.15	\$0.000
990615 Cucumber Sticks with Ranch Dressing	1/2 cup	250	24	0.16	61	2	0	0.74	0.00	1	3.43	0.81	1.31	102	22.8	3.85	0.30	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			698	7.51	924	57	9	17.74	0.06	59	103.96	8.56	35.10	1951	488.3	44.05	4.04	\$0.000
% of Calories				9.68%		32.7%	5.2%	22.9%	0.1%		59.6%		20.1%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Friday - 04/26/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990386 Flatbread Cheese Pizza	1 each	100	155	2.59	471	2	0	7.18	0.00	9	15.72	2.12	7.78	620	502.5	3.20	0.99	\$0.000
990280 Pepperoni Flatbread Pizza	1 each	150	224	4.11	663	4	1	10.49	0.00	17	23.48	3.19	10.39	721	693.1	4.80	1.59	\$0.000
000090 Pear, Fresh	1 EACH	125	55	0.00	1	8	0	0.08	0.00	0	13.11	2.57	0.36	1	9.1	3.65	0.20	\$0.000
990632 Fresh Fruit	1/2 cup	125	43	0.02	1	7	0	0.14	0.00	0	10.59	1.48	0.28	27	5.4	4.20	0.14	\$0.000

Base Menu Spreadsheet

Meriwether Godsey Inc

Apr 22, 2024 thru Apr 26, 2024

Weighted Values

	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)	Cost
000438 Chilled Pears	1/2 cup	250	60	0.00	5	10	0	0.00	0.00	0	14.00	2.00	0.00	0	5.0	0.70	0.28	\$0.000
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	23873	50.7	9.10	0.54	\$0.000
990256 Marinated Tomatoes	1/2 cup	250	100	1.25	7	5	0	8.86	0.00	0	5.84	1.63	1.19	1027	17.4	16.27	0.49	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			817	9.80	1354	49	1	31.54	0.00	39	108.44	17.05	29.58	26749	1588.1	42.01	4.29	\$0.000
% of Calories				10.80 %		24.0%	0.5%	34.7%	0.0%		53.1%		14.5%					
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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	792	7	980	56	5	20.97	0.01	53	118.79	15.65	36.41	*8388	*700.8	*44.99	*7.02	\$0.000
% of Calories		7.77%		28.3%	2.5%	23.8%	0.0%		60.0%		18.4%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	792		750-850	100%				
Saturated Fat	6.84 g	7.77%	<10.000%					
Sodium	980 mg		1280.000	77%				
Total Sugars	56 g	28.3%						
Added Sugars	5 g	2.5%						
Total Fat	20.97 g	23.8%						
Trans Fat	0.01 g	0.0%						
Cholesterol	53 mg							
Carbohydrate	118.79 g	60.0%						

Base Menu Spreadsheet

Weighted Values

Fiber	15.65 g					
Protein	36.41 g	18.4%				
Vitamin A	*8388 IU					Missing Data
Calcium	*700.8 mg					Missing Data
Vitamin C	*44.99 mg					Missing Data
Iron	*7.02 mg					Missing Data

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.

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Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

Menu Name:	2023-2024 Breakfast 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/29/2024 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990739 Ham & Cheese Breakfast Croissant	1 each	200	254	5.34	557	3	3	12.18	0.00	20	28.69	0.92	8.47	60	60.8	0.00	0.10	\$0.000
990708 Breakfast Bars WG	1 Each	50	13	0.08	8	1	1	0.32	0.00	0	2.33	0.16	0.16	0	0.0	0.00	0.00	\$0.000
990322 String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20	0	0.0	0.00	0.00	\$0.000
990062 Red Delicious Apple	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			578	7.59	717	51	4	16.57	0.00	36	89.91	8.22	19.06	690	387.4	16.90	0.66	\$0.000
% of Calories				11.82 %		35.3%	2.8%	25.8%	0.0%		62.2%		13.2%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Tuesday - 04/30/2024 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990740 Peach Smoothie	16 oz	225	271	0.03	49	54	32	0.29	0.00	6	58.15	4.05	12.22	643	6.8	211.95	0.83	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990642 House Made Breakfast Muffins	1 each	225	143	0.71	153	12	0	3.40	0.00	47	24.25	1.32	4.34	*1497	*24.7	*4.40	*0.63	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	25	11	0.00	5	1	1	0.00	0.00	0	1.50	0.10	1.10	75	10.0	0.00	0.00	\$0.000
990572 Whole Grain Cereal Average (2024)	1 oz	25	10	0.00	16	1	1	0.12	0.00	0	2.18	0.20	0.12	0	0.0	0.00	0.00	\$0.000
990664 Orange Juice Cup	4 fl oz	25	5	0.00	2	1	0	0.00	0.00	0	1.20	0.10	0.10	*N/A*	*N/A*	*N/A*	*N/A*	\$0.000
990632 Fresh Fruit	1/2 cup	25	9	0.00	0	1	0	0.03	0.00	0	2.12	0.30	0.06	5	1.1	0.84	0.03	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			551	2.22	333	83	33	6.13	0.00	66	101.32	6.06	26.14	*2699	*347.4	*217.29	*1.56	\$0.000
% of Calories				3.63%		60.3%	24.0%	10.0%	0.0%		73.6%		19.0%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Wednesday - 05/01/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990277 Hard Boiled Egg	1 each	150	46	0.98	37	0	0	3.18	0.00	112	0.34	0.00	3.77	156	15.0	0.00	0.36	\$0.000
990714 SEED Banana Bread	1 Slice	150	119	1.13	98	13	0	2.68	0.00	5	23.41	1.78	1.86	29	21.0	2.27	0.48	\$0.000
990451 WG Honey Biscuit	2 oz	100	104	2.39	127	7	6	3.58	0.00	0	16.79	0.80	1.59	0	64.5	0.00	0.56	\$0.000
990668 Jelly Cup, Strawberry, PC, Smuckers	1 each	50	7	0.00	1	2	1	0.00	0.00	0	1.80	0.00	0.00	0	0.2	0.00	0.00	\$0.000
990473 Jelly Cup, Grape, PC	1 each	50	7	0.00	1	2	1	0.00	0.00	0	1.82	0.00	0.00	0	0.2	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
990487	Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632	Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154	Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average				561	6.13	375	64	9	12.33	0.00	129	100.33	8.15	17.09	782	421.5	19.55	2.00	\$0.000
% of Calories					9.83%		45.6%	6.4%	19.8%	0.0%		71.5%		12.2%					
Weekly Nutrient Guideline				450 - 600	<10	640			<=0										

Thursday - 05/02/2024

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost	
990291	Blueberry Muffin	1 Each	200	152	1.60	104	13	10	4.80	0.00	24	24.00	1.60	2.40	0	0.0	0.00	0.72	\$0.000
990636	Pop Tart	1 each	50	34	0.20	23	3	3	0.50	0.00	0	7.20	0.60	0.40	100	26.0	0.00	0.36	\$0.000
990322	String cheese	1 each	50	16	0.60	40	0	0	1.20	0.00	4	0.20	0.00	1.20	0	0.0	0.00	0.00	\$0.000
990487	Banana, fresh	1 each	250	90	0.11	1	12	0	0.33	0.00	0	23.07	2.63	1.10	65	5.0	8.79	0.26	\$0.000
990632	Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120	Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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 (mg)	Vit-C (mg)	Iron (mg)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			480	4.03	277	55	13	9.39	0.00	40	87.57	7.78	13.86	697	346.6	17.28	1.68	\$0.000
% of Calories				7.56%		45.8%	10.8%	17.6%	0.0%		73.0%		11.6%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Friday - 05/03/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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 (mg)	Vit-C (mg)	Iron (mg)	Cost
990711 Turkey Bacon, Egg & Cheese English Muffin	1 each	150	196	4.55	317	1	0	9.72	0.00	164	15.01	1.80	12.13	*0	*144.5	*0.00	*1.18	\$0.000
990572 Whole Grain Cereal Average (2024)	1 oz	100	40	0.00	63	3	3	0.50	0.00	0	8.70	0.80	0.50	0	0.0	0.00	0.00	\$0.000
990635 Yogurt, Greek, Chobani, Assortment	1 Each	100	44	0.00	20	6	4	0.00	0.00	2	6.00	0.40	4.40	300	40.0	0.00	0.00	\$0.000
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	814	6.4	13.40	0.19	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			501	6.10	517	44	6	12.91	0.00	178	71.30	6.55	26.33	*1646	*506.5	*21.89	*1.71	\$0.000
% of Calories				10.96 %		35.1%	4.8%	23.2%	0.0%		56.9%		21.0%					
Weekly Nutrient Guideline			450 - 600	<10	640			<=0										

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

	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 (mg)	Vit-C (mg)	Iron (mg)	Cost
Weighted Averages	534	5	444	59	13	11.47	0.00	90	90.09	7.35	20.50	*1303	*401.9	*58.58	*1.52	\$0.000
% of Calories		8.78%		44.2%	9.7%	19.3%	0.0%		67.5%		15.4%					
Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)								
Calories	534		450-600	100%												
Saturated Fat	5.21 g	8.78%	<10.000%													
Sodium	444 mg		640.000	69%												
Total Sugars	59 g	44.2%														
Added Sugars	13 g	9.7%														
Total Fat	11.47 g	19.3%														
Trans Fat	0.00 g	0.0%														
Cholesterol	90 mg															
Carbohydrate	90.09 g	67.5%														
Fiber	7.35 g															
Protein	20.50 g	15.4%														
Vitamin A	*1303 IU							Missing Data								
Calcium	*401.9 mg							Missing Data								
Vitamin C	*58.58 mg							Missing Data								
Iron	*1.52 mg							Missing Data								

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.

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Planned Menu Spreadsheet

Meriwether Godsey Inc

Apr 29, 2024 thru May 3, 2024

Weighted Values

Menu Name:	2023-2024 Lunch 9-12	Include Cost:	Yes
Site:	1 - Seed School DC	Report Style:	Detailed
Use Alternate Menu Name:	No		

Monday - 04/29/2024 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* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990179 Mac and Cheese	1.5 cup	125	123	2.75	105	2	0	5.42	0.00	17	13.51	0.89	6.12	249	153.2	0.22	1.11	\$0.000
990224 Swedish Meatballs 9-12	3 oz.	125	158	3.37	147	3	1	8.85	0.00	29	10.66	0.46	9.27	*87	*62.7	*0.65	*1.31	\$0.000
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95	81	3.0	0.59	0.03	\$0.000
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54	50	7.6	2.42	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990729 Jicama & Celery Sticks with Ranch Dressing	1/2 cup	250	61	0.21	180	4	0	1.31	0.00	2	10.27	4.48	2.32	395	52.9	16.22	0.66	\$0.000
990131 Spiced Black Beans	1/2 cup	250	130	0.10	119	3	0	0.60	0.00	0	22.77	5.77	7.15	61	50.8	14.70	1.84	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			814	8.29	757	51	1	21.03	0.00	60	122.17	16.33	36.11	*1455	*645.8	*43.28	*5.56	\$0.000
% of Calories				9.17%		25.1%	0.5%	23.3%	0.0%		60.0%		17.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Tuesday - 04/30/2024 Reimbursable Meal Total 250

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990281 Teriyaki Chicken	2 oz	200	126	1.06	441	13	0	3.92	0.00	35	8.14	0.04	14.30	11	12.7	0.26	0.62	\$0.000
990629 Teriyaki Tofu	2 oz	50	21	0.12	71	2	0	0.96	0.00	0	1.76	0.14	1.33	0	5.0	0.04	0.15	\$0.000
990638 "Fried" Brown Rice	1 cup	125	90	0.12	63	0	0	0.85	0.00	0	17.79	1.12	2.06	483	3.4	0.68	0.05	\$0.000
990195 Lo Mein Noodles	1 cup	125	160	0.00	128	0	0	1.20	0.00	0	30.80	0.80	5.60	0	4.0	0.00	0.00	\$0.000
990486 Chilled Mandarin Oranges	1/2 cup	250	49	0.00	7	12	10	0.00	0.00	0	11.96	0.00	0.00	911	5.6	13.79	0.26	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990080 Fresh Steamed Broccoli	1/2 cup	250	15	0.05	15	1	0	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32	\$0.000
990040 Stir Fried Vegetables	1/2 cup	250	52	0.45	100	5	0	3.15	0.00	0	5.47	1.15	1.14	1218	24.0	41.90	0.54	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			701	3.31	933	61	10	12.80	0.00	47	111.93	7.34	34.42	3429	390.9	104.41	2.28	\$0.000
% of Calories				4.25%		34.8%	5.7%	16.4%	0.0%		63.9%		19.6%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Wednesday - 05/01/2024

Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat* (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990731 Ham & Cheese Sub (old)	1 each	200	227	5.05	593	1	1	9.79	0.00	35	22.58	2.39	14.20	227	164.8	0.00	0.35	\$0.000
990732 Alice Water's Lentil Salad	1/2 CUPS	50	51	0.12	5	0	0	1.08	0.00	0	10.04	3.06	3.49	50	1.4	0.82	0.05	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990733 Quinoa, Cooked	1 cup	50	45	0.03	50	0	0	0.85	0.00	0	7.48	0.76	1.52	41	12.0	*0.36	1.16	\$0.000
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47	98	11.0	8.41	0.22	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990730 Cool Asparagus & Pea Salad	1/2 cup	250	41	0.25	7	2	0	1.72	0.00	0	5.07	2.22	2.06	*471	18.1	*4.10	0.72	\$0.000
990084 Italian Baked Tomato Halves	2 each	250	89	0.44	67	5	1	3.63	0.00	0	12.71	2.02	2.60	1034	77.7	17.94	1.99	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			749	7.47	833	55	2	19.94	0.00	47	116.57	17.60	33.09	*2454	600.6	*40.12	4.83	\$0.000
% of Calories				8.98%		29.4%	1.1%	24.0%	0.0%		62.3%		17.7%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Thursday - 05/02/2024

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)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
990734 Lemon Baked Tilapia	3 oz	125	40	0.27	55	0	0	1.11	0.00	17	0.27	0.04	7.18	49	7.1	1.02	0.17	\$0.000
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95	81	3.0	0.59	0.03	\$0.000
990182 Cheese Ravioli in Marinara Sauce 9-12	1.5 cup	125	144	1.80	411	2	1	3.46	0.00	26	21.71	2.37	5.84	*0	80.4	*0.00	1.22	\$0.000
990620 Fresh Berries	1/2 cup	250	31	0.02	1	4	0	0.32	0.00	0	7.14	2.22	0.63	39	14.2	35.98	0.34	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Apr 29, 2024 thru May 3, 2024

Weighted Values

	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)	Cost
990575 Fresh Baby Carrots with Ranch Dressing	1/2 cup	250	32	0.09	102	3	0	0.63	0.00	1	5.70	1.65	1.02	7608	25.3	1.83	0.55	\$0.000
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36	507	27.8	8.95	0.77	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			579	4.33	778	40	1	12.56	0.00	56	91.30	12.35	26.74	*8817	473.4	*56.86	3.42	\$0.000
% of Calories				6.73%		27.6%	0.7%	19.5%	0.0%		63.1%		18.5%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

Friday - 05/03/2024

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)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990357 Chicken Caesar Wrap	1 each	200	384	3.96	704	0	0	14.63	0.02	45	41.25	0.59	22.56	2493	40.0	1.13	0.85	\$0.000
990736 Hummus & Roasted Vegetable Wrap	1 each	50	98	0.59	183	1	0	3.14	0.00	0	14.72	1.07	3.37	72	14.3	1.89	0.60	\$0.000
990138 Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57	515	30.2	63.57	0.27	\$0.000
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56	53	10.8	8.39	0.27	\$0.000
990735 Cucumber & Bell Pepper Crudit�	1/2 cup	250	21	0.12	60	2	0	0.68	0.00	1	3.12	0.72	1.06	763	13.1	30.63	0.22	\$0.000
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	1	40.3	15.08	4.30	\$0.000
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89	459	292.8	0.00	0.07	\$0.000

Planned Menu Spreadsheet

Meriwether Godsey Inc

Apr 29, 2024 thru May 3, 2024

Weighted Values

	Portion Size	Reimb Qty	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31	20	12.0	0.10	0.00	\$0.000
Weighted Daily Average			834	6.52	1072	40	3	23.39	0.02	58	120.56	9.94	39.73	4378	453.5	120.79	6.58	\$0.000
% of Calories				7.04%		19.2%	1.4%	25.2%	0.0%		57.8%		19.1%					
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0										

	Cals' (kcal)	S-Fat' (g)	Sodm' (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)	Cost
Weighted Averages	735	6	875	49	3	17.94	0.00	54	112.51	12.71	34.02	*4107	*512.8	*73.09	*4.53	\$0.000
% of Calories		7.32%		26.7%	1.6%	22.0%	0.0%		61.2%		18.5%					

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	735		750-850	98%	15.00			Correction Required - Calories are Low
Saturated Fat	5.98 g	7.32%	<10.000%					
Sodium	875 mg		1280.000	68%				
Total Sugars	49 g	26.7%						
Added Sugars	3 g	1.6%						
Total Fat	17.94 g	22.0%						
Trans Fat	0.00 g	0.0%						
Cholesterol	54 mg							
Carbohydrate	112.51 g	61.2%						
Fiber	12.71 g							
Protein	34.02 g	18.5%						
Vitamin A	*4107 IU						Missing Data	
Calcium	*512.8 mg						Missing Data	
Vitamin C	*73.09 mg						Missing Data	
Iron	*4.53 mg						Missing Data	

Planned Menu Spreadsheet

Meriwether Godsey Inc

Weighted Values

Apr 29, 2024 thru May 3, 2024

**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.