

Base Menu Spreadsheet

Weighted Values

Menu Name:	Frazier Mountain 9-12 HS - MENU SUBJECT TO CHANGE	Include Cost:	Yes
Site:			
Use Alternate Menu Name:	No		

Monday - 11/02/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000992 Beef, Cheeseburger-Don Lee	5.10 oz	150	4330.50	\$24.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	55.35	\$0.000
000667 Potatoes, French Fries, Lamb W	5 oz	150	3000.00	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			15836.70	\$69.639
% of Calories			58.1%	
Weekly Nutrient Guideline				

Tuesday - 11/03/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			8450.85	\$45.639
% of Calories			100.0%	
Weekly Nutrient Guideline				

Wednesday - 11/04/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000790 Pizza, Cheese Stuffed Sticks,	2 EACH	150	32.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000967 CHOICE OF VEGETABLE				
990065 Marinara Sauce Cup *RESIZED*	2 oz	150	5.99	\$0.225
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			98.50	\$0.551
% of Calories			67.1%	
Weekly Nutrient Guideline				

Thursday - 11/05/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001352 Chicken, Patty Sandw w/chz	5.35 oz	150	43.93	\$0.180
001382 Chicken, Hot & Spicy San-Tyson	5.53 oz	150	46.58	\$0.171
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			151.26	\$0.677
% of Calories			53.6%	
Weekly Nutrient Guideline				

Friday - 11/06/2026 Reimbursable Meal Total 140

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
001291 Pizza, French Bread, Garlic-Sc	4.29 oz	150	32.14	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001328 Romaine Salad- 1/2 cup	4 oz	150	0.83	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			93.33	\$0.326
% of Calories			64.6%	
Weekly Nutrient Guideline				

Monday - 11/09/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001290 Enchiladas, Pepper Jack	2 EACH	150	3064.80	\$26.242
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000767 Beans, Pinto	4 oz	150	2679.00	\$0.000
000967 CHOICE OF VEGETABLE				
000869 Rice, Brown	1/2 CUP	150	3382.05	\$0.000

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			17576.70	\$71.880
% of Calories			63.0%	
Weekly Nutrient Guideline				

Tuesday - 11/10/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000523 Chicken, Nuggets, WG Br-61210	3.4 oz	150	12.86	\$0.260
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000967 CHOICE OF VEGETABLE				
000267 CELERY STICKS	4 oz	150	1.91	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			75.13	\$0.586
% of Calories			64.2%	
Weekly Nutrient Guideline				

Wednesday - 11/11/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000689 Holiday-Veteran's Day				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Thursday - 11/12/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001278 Beef, Meatball with Gravy	4.0 oz	150	7.37	\$0.101
000350 Potatoes, Mashed	1/2 cup	150	2.95	\$0.088
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000967 CHOICE OF VEGETABLE				

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	Portion Size	Reimb Qty	Carb (g)	Cost
000452 Biscuit, Easy Split	57	150	25.71	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			96.40	\$0.515
% of Calories			60.1%	
Weekly Nutrient Guideline				

Friday - 11/13/2026

Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001435 Burrito, Bean & Cheese, Bulk	5.4	150	46.91	\$0.177
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001466 Corn, Mexican Style	4 oz	150	16.60	\$0.017
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			123.88	\$0.520
% of Calories			74.5%	
Weekly Nutrient Guideline				

Monday - 11/16/2026 Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001332 Chicken, Fajitas Bowl	4 oz	150	1.92	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
000270 CORN: canned, yellow	1/2 CUP	150	18.22	\$0.000
000799 Beans, Black-US Foods	4 oz	150	21.43	\$0.000
000869 Rice, Brown	1/2 CUP	150	24.16	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			126.09	\$0.326
% of Calories			81.3%	
Weekly Nutrient Guideline				

Base Menu Spreadsheet

Weighted Values

Nov 1, 2026 thru Nov 30, 2026

Tuesday - 11/17/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000787 Chicken, Mandarin Orange	4 oz	150	3166.65	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000909 Broccoli, Fresh	4 oz	150	1129.50	\$0.000
000869 Rice, Brown	1/2 CUP	150	3382.05	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			16129.05	\$45.639
% of Calories			80.1%	
Weekly Nutrient Guideline				

Wednesday - 11/18/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
001101 Nachos, Cheese/ Chips	4 ounces	150	3153.75	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000767 Beans, Pinto	4 oz	150	2679.00	\$0.000

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	Portion Size	Reimb Qty	Carb (g)	Cost
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			14283.60	\$45.639
% of Calories			58.0%	
Weekly Nutrient Guideline				

Thursday - 11/19/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000797 Turkey & Gravy-782	4 oz	150	750.00	\$0.000
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000350 Potatoes, Mashed	1/2 cup	150	412.80	\$12.313
000452 Biscuit, Easy Split	57	150	3600.00	\$0.000
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				

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Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			13213.65	\$57.952
% of Calories			62.9%	
Weekly Nutrient Guideline				

Friday - 11/20/2026Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
001293 Beef, Taco in Soft Tortilla	3.8 oz	150	33.43	\$0.219
000726 Carrots, Baby - Grimmway	PKG	150	8.57	\$0.000
001301 Lettuce Ro & Tomato:1 leaf,2 sl	1 lf,2 slc	150	0.40	\$0.000
001466 Corn, Mexican Style	4 oz	150	16.60	\$0.017
000970 FRUIT Choice X 2	2 EACH	150	51.51	\$0.041
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	0.28	\$0.010
Weighted Daily Average			110.79	\$0.562
% of Calories			65.5%	
Weekly Nutrient Guideline				

Monday - 11/23/2026Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000693 Holiday-No School Today				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Tuesday - 11/24/2026 **Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Carb (g)	Cost
000693 Holiday-No School Today				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Wednesday - 11/25/2026 **Reimbursable Meal Total 1**

Base Menu Spreadsheet

Weighted Values

	Portion Size	Reimb Qty	Carb (g)	Cost
000693 Holiday-No School Today				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Thursday - 11/26/2026Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
000690 Holiday-Thanksgiving Holiday				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Friday - 11/27/2026Reimbursable Meal Total 140

	Portion Size	Reimb Qty	Carb (g)	Cost
000693 Holiday-No School Today				
Weighted Daily Average			0.00	\$0.000
% of Calories			0%	
Weekly Nutrient Guideline				

Monday - 11/30/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Carb (g)	Cost
990082 Cooks Choice - Lunch				
000726 Carrots, Baby - Grimmway	PKG	150	1200.00	\$0.000
000967 CHOICE OF VEGETABLE				
000970 FRUIT Choice X 2	2 EACH	150	7211.85	\$5.693
000969 CHOICE OF MILK				
000960 Milk, Substitute, Lactaid	Half Pint	3	39.00	\$1.446
Weighted Daily Average			8450.85	\$45.639
% of Calories			100.0%	
Weekly Nutrient Guideline				

		Carb (g)	Cost
Weighted Averages		6321.12	\$25.739
% of Calories		68.1%	

**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
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

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.