

Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: BREAKFAST MENU
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 12412

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	12230	310	210	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12113	110	160	22.00
000437 Peaches, 1/2c USDA	1/2 Cup	8173	44	4	10.27
002180 Juice,Cran-Rasp 1/2c	Each	10918	60	10	13.00
000905 Milk - 1% White	Half Pint	10285	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3425	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			628	544	87.17
% of Calories					55.5%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 12/04/2018

Reimbursable Meal Total 12368

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002005 Frittatas, Egg, Chorizo Wrap	Each	11544	180	420	15.00
000505 Cereal:Cheerios,Honey Nut	Each	12416	110	160	22.00
001812 Applesauce, canned 1/2 c	1/2 Cup	8543	54	2	14.86
000279 Cantaloupe Melon	1/5 Wedge	9324	72	34	17.40
000905 Milk - 1% White	Half Pint	10605	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	94	90	125	13.00
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			508	755	76.99
% of Calories					60.6%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 12/05/2018

Reimbursable Meal Total 12088

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002352 Chicken Patty, Breakfast TYSON	Each	11278	90	220	6.00
001945 Roll, White Wheat: Galasso	Each	11241	80	125	17.00
000481 Cereal:Golden Grahams	Each	12095	110	220	24.00
000090 Pears,fresh	Each	8858	95	2	25.28

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001857 Apricots, 1/2c Halves Purchased	1/2 cup	8116	35	2	8.99
000905 Milk - 1% White	Half Pint	10265	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3485	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			499	718	87.43
% of Calories					70.1%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/06/2018

Reimbursable Meal Total 12112

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002006 Egg, Tac-Go, SF	Each	11182	190	410	15.00
001830 Cereal: Corn Flakes, Frosted	Each	12093	100	190	24.00
000438 Pears, 1/2c, USDA	1/2 Cup	7770	62	5	16.48
001693 Tangerines, Fresh	Each	8822	50	0	11.00
000905 Milk - 1% White	Half Pint	10205	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3485	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	89	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			488	745	73.73
% of Calories					60.4%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 12/07/2018

Reimbursable Meal Total 12418

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	11338	210	320	28.00
001095 Syrup, Maple	Each	10783	120	0	31.00
000984 Cereal Assortment	Each	12169	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	7635	62	10	17.67
000068 Bananas	Each	9590	170	2	43.71
000905 Milk - 1% White	Half Pint	10305	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3425	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	86	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	19	140	150	12.00
Weighted Daily Average			705	649	136.61
% of Calories					77.5%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 12/10/2018

Reimbursable Meal Total 11378

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900074 Muffin, Mini Blueberry, SkyBlue	Each	11290	140	140	23.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	7483	110	160	22.00
001996 Juice,White-Grape 1/2c AppleEv	Each	7320	80	10	20.00
002195 Kiwi Fruit 1 1/2	Each	4616	46	2	11.14
000905 Milk - 1% White	Half Pint	9585	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3275	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			418	425	71.99
% of Calories					68.9%
Weekly Nutrient Guideline			400 - 500	540	

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Tuesday - 12/11/2018

Reimbursable Meal Total 11408

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900060 Pizza, 3x5 Breakfast Trky Sausage Schwn	Each	7458	240	340	31.00
000505 Cereal:Cheerios,Honey Nut	Each	11316	110	160	22.00
000438 Pears, 1/2c, USDA	1/2 Cup	7635	62	5	16.48
900086 GRAPES, Red Bagged	Bag	6018	52	2	13.37
000905 Milk - 1% White	Half Pint	9485	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3335	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			470	557	77.36
% of Calories					65.8%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 12/12/2018

Reimbursable Meal Total 11437

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001238 Pancakes, Mini Pillsbury Straw	Each	7469	230	150	42.00
001095 Syrup, Maple	Each	10469	120	0	31.00
000481 Cereal:Golden	Each	11370	110	220	24.00

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Grahams					
000086 Orange Wedges	Each	6345	45	0	11.28
001857 Apricots, 1/2c Halves Purchased	1/2 cup	4363	35	2	8.99
000905 Milk - 1% White	Half Pint	9585	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3275	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			543	490	106.57
% of Calories					78.5%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/13/2018

Reimbursable Meal Total 11938

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000933 Burrito, Bean/Ch Brkfst 3.95oz	Each	7453	222	359	31.39
001830 Cereal: Corn Flakes, Frosted	Each	11680	100	190	24.00
000437 Peaches, 1/2c USDA	1/2 Cup	7943	44	4	10.27
000068 Bananas	Each	9553	170	2	43.71
000905 Milk - 1% White	Half Pint	9765	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3305	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00

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900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			534	582	101.65
% of Calories					76.1%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 12/14/2018

Reimbursable Meal Total 11521

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	7103	280	220	44.00
000984 Cereal Assortment	Each	11442	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	8143	62	10	17.67
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	8802	51	2	14.00
000905 Milk - 1% White	Half Pint	9665	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3395	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			499	499	90.49
% of Calories					72.5%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 12/17/2018

Reimbursable Meal Total 10971

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Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002204 Breakfast Bar, F.Cat BanChoc	Each	10707	295	215	49.10
000522 Cereal:Cinna Toast Crunch Red Sug	Each	10947	110	160	22.00
002180 Juice,Cran-Rasp 1/2c	Each	10256	60	10	13.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	7520	35	2	8.99
000905 Milk - 1% White	Half Pint	9085	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3230	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	16	140	150	12.00
Weighted Daily Average			613	551	105.36
% of Calories					68.8%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 12/18/2018

Reimbursable Meal Total 10955

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	6842	100	50	20.00
000505 Cereal:Cheerios,Honey Nut	Each	10645	110	160	22.00
000086 Orange Wedges	Each	3813	45	0	11.28
002195 Kiwi Fruit 1 1/2	Each	7731	46	2	11.14

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000905 Milk - 1% White	Half Pint	8805	130	160	16.00
001579 Milk, Fat Free White	Half Pint	4104	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	62	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			357	366	63.48
% of Calories					71.1%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 12/19/2018

Reimbursable Meal Total 10747

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	10642	210	170	38.00
000481 Cereal: Golden Grahams	Each	10614	110	220	24.00
000437 Peaches, 1/2c USDA	1/2 Cup	7489	44	4	10.27
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	9329	71	0	14.93
000905 Milk - 1% White	Half Pint	8725	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3020	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			541	556	98.18
% of Calories					72.6%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/20/2018

Reimbursable Meal Total 12566

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900062 EggStravaganza, Sunny Fresh	Each	12141	120	280	1.00
001954 Tortilla Wheat, 6" (i)	Each	11539	90	125	14.00
001830 Cereal: Corn Flakes, Frosted	Each	12395	100	190	24.00
001812 Applesauce, canned 1/2 c	1/2 Cup	4357	54	2	14.86
000068 Bananas	Each	10560	170	2	43.71
000905 Milk - 1% White	Half Pint	10265	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3500	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	65	90	125	13.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			591	743	96.15
% of Calories					65.1%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 12/21/2018

Reimbursable Meal Total 11619

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002285 Crumb Cake, Cinnamon, 3oz	Each	10499	290	270	48.00
000984 Cereal Assortment	Each	11599	108	182	23.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	8500	62	10	17.67
002181 Juice, Fruit Punch 1/2c,	Each	10203	60	15	15.00
000905 Milk - 1% White	Half Pint	9585	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3440	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	63	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			602	618	109.57
% of Calories					72.8%
Weekly Nutrient Guideline			400 - 500	540	

**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.