

Planned Menu Spreadsheet

Portion Values

Menu Name: ELEMENTARY LUNCH MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 19860

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900053 Sandwich, Grilled Cheese	Each	19850	340	830	32.00
001374 Salad, Bar Veggie 3	1 Cup	8200	147	514	13.84
900086 GRAPES, Red Bagged	Bag	19460	52	2	13.37
000905 Milk - 1% White	Half Pint	3530	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	17135	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	88	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			579	1228	71.83
% of Calories					49.6%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 12/04/2018

Reimbursable Meal Total 19915

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002496 Tacos W/Scoops, Beef AVP	SERVING	19905	248	793	23.27
000446 Taco	EACH	16065	5	95	1.00

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Sauce:Packet					
001374 Salad, Bar Veggie 3	1 Cup	8200	147	514	13.84
000944 Fruit Salad, FreshPails	1/2 Cup	18703	60	25	14.00
001982 Grahams, Teddy AppleCinn Sysco	Each	19795	90	95	16.00
000905 Milk - 1% White	Half Pint	3420	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	15580	120	180	21.00
Weighted Daily Average			575	1367	77.99
% of Calories					54.3%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 12/05/2018

Reimbursable Meal Total 18940

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002185 Pasta, PennChxStrip Unsnd Ital	Serving	18770	313	723	24.25
001374 Salad, Bar Veggie 3	1 Cup	7950	147	514	13.84
900042 Apple in a Bag Fuji	Each	18625	29	0	8.00
002203 Toast, Texas Garlic, BCrtfers	Each	18490	90	190	15.00
000905 Milk - 1% White	Half Pint	3410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16470	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	82	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	13	140	150	12.00
Weighted Daily Average			616	1304	73.55
% of Calories					47.8%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 12/06/2018

Reimbursable Meal Total 19053

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	19048	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	19048	139	174	30.19
001374 Salad, Bar Veggie 3	1 Cup	7950	147	514	13.84
000086 Orange Wedges	Each	18198	45	0	11.28
002085 Grahams, NV Crisps Cinnamon	Each	18855	150	140	25.00
000905 Milk - 1% White	Half Pint	3410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16440	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	82	90	125	13.00

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Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			669	992	111.51
% of Calories					66.7%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 12/07/2018

Reimbursable Meal Total 19000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002264 Nacho Cheese w/Chips	Serving	18215	429	1005	42.41
001374 Salad, Bar Veggie 3	1 Cup	7650	147	514	13.84
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	17648	71	0	14.93
000905 Milk - 1% White	Half Pint	3410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16410	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	82	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			664	1356	81.17
% of Calories					48.9%
Weekly Nutrient Guideline			600 - 650	1230	

Monday - 12/10/2018

Reimbursable Meal Total 13472

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001966 Cheeseburger Slider, 2-pk DL	Each	13517	272	355	31.30
000741 Mustard Packet	Each	7020	5	65	1.00
001102 Ketchup:Packet	Each	12350	10	85	3.00
001517 Salad, Bar Veggie 4	1 Cup	6400	163	427	16.85
900042 Apple in a Bag Fuji	Each	13040	29	0	8.00
002376 Rice Krispies, Choc Chip Sysco	each	13395	160	140	30.00
000905 Milk - 1% White	Half Pint	2350	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11670	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	64	90	125	13.00
900056 Milk, Soy 8 oz	Each	11	140	150	12.00
Weighted Daily Average			677	995	101.31
% of Calories					59.9%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 12/11/2018

Reimbursable Meal Total 13395

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002396 Burrito, HandRolled USDA	SERVING	13395	536	969	48.73
001517 Salad, Bar Veggie 4	1 Cup	5920	163	427	16.85

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000086 Orange Wedges	Each	9533	45	0	11.28
002037 Chips, Sunchips Harvest Chedda	Each	13330	140	210	18.00
000905 Milk - 1% White	Half Pint	2350	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11670	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	64	90	125	13.00
900056 Milk, Soy 8 oz	Each	11	140	150	12.00
Weighted Daily Average			907	1553	103.29
% of Calories					45.6%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 12/12/2018

Reimbursable Meal Total 13397

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	13416	350	950	41.00
001156 Barbecue Sauce Cup	Each	12045	40	200	10.00
001517 Salad, Bar Veggie 4	1 Cup	5920	163	427	16.85
002195 Kiwi Fruit 1 1/2	Each	12395	46	2	11.14
000905 Milk - 1% White	Half Pint	2350	130	160	16.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000968 Milk, Chocolate, Fat Free	Half Pint	11670	120	180	21.00
Weighted Daily Average			629	1507	88.90
% of Calories					56.5%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 12/13/2018

Reimbursable Meal Total 12550

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	12550	136	630	2.12
001627 Tortilla Wheat, 6" (2)	Serving (2)	12475	180	250	28.00
000446 Taco Sauce:Packet	EACH	10345	5	95	1.00
001517 Salad, Bar Veggie 4	1 Cup	5570	163	427	16.85
900086 GRAPES, Red Bagged	Bag	12285	52	2	13.37
002048 COOKIE, CELEBRATION, FatCat IW	Each	12485	142	107	23.90
000905 Milk - 1% White	Half Pint	2126	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10591	120	180	21.00
Weighted Daily Average			707	1433	95.56
% of Calories					54.1%
Weekly Nutrient Guideline			600 - 650	1230	

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Friday - 12/14/2018

Reimbursable Meal Total 12545

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001998 Macaroni & Cheese, 2/3c LOL	Serving	12545	290	980	31.00
001517 Salad, Bar Veggie 4	1 Cup	5570	163	427	16.85
000090 Pears,fresh	Each	11540	95	2	25.28
001945 Roll, White Wheat: Galasso	Each	11775	80	125	17.00
000905 Milk - 1% White	Half Pint	2200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10950	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	64	90	125	13.00
900056 Milk, Soy 8 oz	Each	11	140	150	12.00
Weighted Daily Average			653	1474	98.91
% of Calories					60.6%
Weekly Nutrient Guideline			600 - 650	1230	

Monday - 12/17/2018

Reimbursable Meal Total 10115

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000475 Corndog, Chicken, D Lee WG	Each	10115	238	690	27.80
001462 Salad, Bar Veggie 1	1 Cup	4440	177	554	17.11
001808 Icee, Sidekick BluRspLmn	each	10075	90	30	22.00

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000905 Milk - 1% White	Half Pint	1750	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	8795	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	43	90	125	13.00
900056 Milk, Soy 8 oz	Each	4	140	150	12.00
Weighted Daily Average			533	1148	78.31
% of Calories					58.8%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 12/18/2018

Reimbursable Meal Total 10075

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002476 CHICKEN TACO CHILI	Serving	10075	207	569	18.91
001462 Salad, Bar Veggies 1	1 Cup	4440	177	554	17.11
900090 Satsuma Tangerines, FFV	Each	9675	50	0	11.00
001463 Muffin, Corn Batter FATC 1.5oz	Each	10000	134	114	22.60
000905 Milk - 1% White	Half Pint	1750	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	8795	120	180	21.00
Weighted Daily Average			593	1111	80.55
% of Calories					54.3%
Weekly Nutrient Guideline			600 - 650	1230	

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Wednesday - 12/19/2018

Reimbursable Meal Total 10127

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002100 Hamburger on a Bun AdvPierre	Serving	10127	330	375	32.00
001726 Ketchup:Packet 2	2 Each	11320	20	170	6.00
000741 Mustard Packet	Each	5020	5	65	1.00
002234 Potatoes, 3/4 CRISPY WEDGES	3/4 Cup	10075	180	210	30.00
001462 Salad, Bar Veggie 1	1 Cup	4440	177	554	17.11
900086 GRAPES, Red Bagged	Bag	9915	52	2	13.37
002257 Grahams, Friends, Bunny	Each	10120	160	110	25.00
000905 Milk - 1% White	Half Pint	1720	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	8795	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	43	90	125	13.00
900056 Milk, Soy 8 oz	Each	4	140	150	12.00
Weighted Daily Average			949	1344	135.64
% of Calories					57.2%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 12/20/2018

Reimbursable Meal Total 10130

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	9850	260	390	16.00
001156 Barbecue Sauce Cup	Each	9115	40	200	10.00
001462 Salad, Bar Veggie 1	1 Cup	4920	177	554	17.11
002195 Kiwi Fruit 1 1/2	Each	9170	46	2	11.14
002020 Roll, Bridgford Honey Wheat	Each	9730	150	230	27.00
000905 Milk - 1% White	Half Pint	1750	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	8795	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	43	90	125	13.00
900056 Milk, Soy 8 oz	Each	4	140	150	12.00
Weighted Daily Average			688	1236	89.94
% of Calories					52.3%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 12/21/2018

Reimbursable Meal Total 10065

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900075 Pizza, Flatbread Cheese 2pk	Each	10065	315	570	33.00
001462 Salad, Bar Veggie 1	1 Cup	4440	177	554	17.11
900042 Apple in a Bag Fuji	Each	9850	29	0	8.00
000905 Milk - 1% White	Half Pint	1750	130	160	16.00

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000968 Milk, Chocolate, Fat Free	Half Pint	8795	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	43	90	125	13.00
900056 Milk, Soy 8 oz	Each	4	140	150	12.00
Weighted Daily Average			549	1000	69.57
% of Calories					50.7%
Weekly Nutrient Guideline			600 - 650	1230	

**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.