

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: Grab-N-Go Breakfast

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 2700

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	2700	310	210	31.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	0	51	2	14.00
002180 Juice,Cran-Rasp 1/2c	Each	1500	60	10	13.00
000905 Milk - 1% White	Half Pint	2040	130	160	16.00
001579 Milk, Fat Free White	Half Pint	700	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	14	90	125	13.00
900056 Milk, Soy 8 oz	Each	7	140	150	12.00
Weighted Daily Average			466	371	53.78
% of Calories					46.2%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 12/04/2018

Reimbursable Meal Total 2320

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002140 Muffin, ChocChip 1.6oz Otis Spnkmy	Each	0	140	140	25.00
002444 Craisins, Invd Box	Box	0	110	0	28.00

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002182 Juice,Apple 1/2c,	Each	0	60	5	14.00
000905 Milk - 1% White	Half Pint	2060	130	160	16.00
001579 Milk, Fat Free White	Half Pint	640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	8	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			141	179	17.86
% of Calories					50.7%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 12/05/2018

Reimbursable Meal Total 1825

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001976 Muffin, Zucchini Carrot 3.3 oz	Each	0	280	280	48.00
000090 Pears,fresh	Each	1370	95	2	25.28
000855 Apricot Cup, USDA 1/2c	EACH	0	110	2	25.00
000905 Milk - 1% White	Half Pint	1420	130	160	16.00
001579 Milk, Fat Free White	Half Pint	520	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	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	0	140	150	12.00
Weighted Daily Average			198	163	35.15
% of Calories					71.0%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/06/2018

Reimbursable Meal Total 1825

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000994 Crackers, Goldfish Cheddar	Each	0	100	170	14.00
002310 Cheese, Colby Jack Cubes LOL	Each	0	90	180	1.00
002181 Juice,Fruit Punch 1/2c,	Each	0	60	15	15.00
001693 Tangerines, Fresh	Each	700	50	0	11.00
000905 Milk - 1% White	Half Pint	1420	130	160	16.00
001579 Milk, Fat Free White	Half Pint	580	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			149	166	20.82
% of Calories					55.9%
Weekly Nutrient Guideline			400 - 500	540	

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Friday - 12/07/2018

Reimbursable Meal Total 2345

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple,Pillsbury	Each	0	210	170	38.00
002519 Raisins, Sour Strawberry FPoint	EACH	0	120	10	29.00
000068 Bananas	Each	1650	170	2	43.71
000905 Milk - 1% White	Half Pint	1700	130	160	16.00
001579 Milk, Fat Free White	Half Pint	640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			239	153	45.92
% of Calories					76.9%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 12/10/2018

Reimbursable Meal Total 2125

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900074 Muffin, Mini Blueberry, SkyBlue	Each	1825	140	140	23.00
001996 Juice,White-Grape 1/2c AppleEv	Each	300	80	10	20.00
900042 Apple in a Bag Fuji	Each	0	29	0	8.00
000905 Milk - 1% White	Half Pint	1700	130	160	16.00

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001579 Milk, Fat Free White	Half Pint	640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			263	289	39.31
% of Calories					59.8%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 12/11/2018

Reimbursable Meal Total 2100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002387 Breakfast, Zee Zee Bar	Each	0	200	5	38.00
002180 Juice,Cran-Rasp 1/2c	Each	0	60	10	13.00
900086 GRAPES, Red Bagged	Bag	0	52	2	13.37
000905 Milk - 1% White	Half Pint	1600	130	160	16.00
001579 Milk, Fat Free White	Half Pint	700	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			129	165	16.54
% of Calories					51.3%
Weekly Nutrient Guideline			400 - 500	540	

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Wednesday - 12/12/2018

Reimbursable Meal Total 2100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001238 Pancakes, Mini Pillsbury Straw	Each	300	230	150	42.00
001693 Tangerines, Fresh	Each	0	50	0	11.00
002182 Juice,Apple 1/2c,	Each	0	60	5	14.00
000905 Milk - 1% White	Half Pint	1700	130	160	16.00
001579 Milk, Fat Free White	Half Pint	640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			166	191	22.93
% of Calories					55.3%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/13/2018

Reimbursable Meal Total 2320

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001983 Crackers,Cheez-It, Whole Grain	Each	0	100	150	14.00
000811 Cheese, String, Mozzarella	Each	0	80	200	2.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
000068 Bananas	Each	1850	170	2	43.71

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000905 Milk - 1% White	Half Pint	1700	130	160	16.00
001579 Milk, Fat Free White	Half Pint	640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			256	155	50.18
% of Calories					78.4%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 12/14/2018

Reimbursable Meal Total 1780

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	300	280	220	44.00
002181 Juice, Fruit Punch 1/2c,	Each	0	60	15	15.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	1513	51	2	14.00
000905 Milk - 1% White	Half Pint	1420	130	160	16.00
001579 Milk, Fat Free White	Half Pint	520	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	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	0	140	150	12.00
Weighted Daily Average			221	205	35.90
% of Calories					65.0%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 12/17/2018

Reimbursable Meal Total 2750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002204 Breakfast Bar, F.Cat BanChoc	Each	2668	295	215	49.10
000855 Apricot Cup, USDA 1/2c	EACH	0	110	2	25.00
002180 Juice,Cran-Rasp 1/2c	Each	2570	60	10	13.00
000905 Milk - 1% White	Half Pint	2130	130	160	16.00
001579 Milk, Fat Free White	Half Pint	745	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	9	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			468	377	75.75
% of Calories					64.7%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 12/18/2018

Reimbursable Meal Total 2750

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	850	100	50	20.00
001403 Grahams, Honey WG	EACH	0	110	140	20.00
001693 Tangerines, Fresh	Each	1050	50	0	11.00
001996 Juice, White-Grape 1/2c AppleEv	Each	0	80	10	20.00
000905 Milk - 1% White	Half Pint	2030	130	160	16.00
001579 Milk, Fat Free White	Half Pint	745	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			170	169	25.73
% of Calories					60.5%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 12/19/2018

Reimbursable Meal Total 2750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	2750	210	170	38.00
002444 Craisins, Invd Box	Box	0	110	0	28.00
001997 Juice, Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
000905 Milk - 1% White	Half Pint	2130	130	160	16.00

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001579 Milk, Fat Free White	Half Pint	685	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			333	326	53.65
% of Calories					64.4%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 12/20/2018

Reimbursable Meal Total 3070

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001976 Muffin, Zucchini Carrot 3.3 oz	Each	0	280	280	48.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	0	51	2	14.00
000068 Bananas	Each	2290	170	2	43.71
000905 Milk - 1% White	Half Pint	2130	130	160	16.00
001579 Milk, Fat Free White	Half Pint	685	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			237	142	46.62
% of Calories					78.7%
Weekly Nutrient Guideline			400 - 500	540	

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Friday - 12/21/2018

Reimbursable Meal Total 2710

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002285 Crumb Cake, Cinnamon, 3oz	Each	2710	290	270	48.00
002417 Fruit, Dried Wild River Blend	Each	0	120	10	31.00
002181 Juice,Fruit Punch 1/2c,	Each	2297	60	15	15.00
000905 Milk - 1% White	Half Pint	2090	130	160	16.00
001579 Milk, Fat Free White	Half Pint	685	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			464	439	76.35
% of Calories					65.8%
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.