

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: JH/MIDDLE SCHOOL LUNCH MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 5267

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900053 Sandwich, Grilled Cheese	Each	1990	340	830	32.00
000766 Burrito, Bean & Cheese, Ext WG	Each	2742	291	479	40.95
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	2122	25	42	5.84
001105 Dressing, Ranch, Homemade 1oz	1 oz	786	52	161	2.79
002477 Juice,Gold Rush 1/2c, SYSCO	Each	3804	40	60	10.00
900086 GRAPES, Red Bagged	Bag	5066	52	2	13.37
000905 Milk - 1% White	Half Pint	1200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3030	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			476	789	72.02
% of Calories					60.5%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 12/04/2018

Reimbursable Meal Total 5096

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002496 Tacos W/Scoops, Beef AVP	SERVING	3232	248	793	23.27
000446 Taco Sauce:Packet	EACH	2727	5	95	1.00
002340 Pork Chop With, Don L	Each	1690	200	354	16.60
002472 Mashed Potatoes w/Brown 3/4C	3/4 Cup, 2 OZ	1690	120	840	25.50
001602 Lettuce, Shredded and Tomato	1 L & 1/4 T	1710	22	11	4.76
000944 Fruit Salad, FreshPails	1/2 Cup	4645	60	25	14.00
000905 Milk - 1% White	Half Pint	1260	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2920	120	180	21.00
Weighted Daily Average			429	1119	59.60
% of Calories					55.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/05/2018

Reimbursable Meal Total 5177

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002185 Pasta, PennChxStrip Unsnd Ital	Serving	1651	313	723	24.25
002232 Steak Burger/ Kaiser Bun DLee	Serving	2956	369	725	32.80
001102 Ketchup:Packet	Each	2315	10	85	3.00
000741 Mustard Packet	Each	875	5	65	1.00

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001735 Broccoli, raw, fresh 3/4	3/4 CUP	1285	16	16	3.16
001105 Dressing, Ranch, Homemade 1oz	1 oz	641	52	161	2.79
900042 Apple in a Bag Fuji	Each	4340	29	0	8.00
002203 Toast, Texas Garlic, BCrtfers	Each	3072	90	190	15.00
000905 Milk - 1% White	Half Pint	1207	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3000	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			504	972	60.64
% of Calories					48.1%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 12/06/2018

Reimbursable Meal Total 5113

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	2198	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	2278	139	174	30.19
002272 PBJ CRUST ON - GRAPE JELLY	Each	2368	550	480	52.00
001743 Corn, 3/4 Canned	3/4 Cup	1741	102	55	23.59
000086 Orange Wedges	Each	4858	45	0	11.28
002085 Grahams, NV Crisps Cinnamon	Each	4458	150	140	25.00

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000905 Milk - 1% White	Half Pint	1230	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3030	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			692	706	102.58
% of Calories					59.3%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/07/2018

Reimbursable Meal Total 4851

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002264 Nacho Cheese w/Chips	Serving	2544	429	1005	42.41
001353 Hot Dog WW Bun: SYSCO	Each	2182	270	720	32.00
000741 Mustard Packet	Each	865	5	65	1.00
001102 Ketchup:Packet	Each	2012	10	85	3.00
001790 Beans, Black 1/2 c w/ Cheese	1/2 cup, .5 oz	644	166	238	20.91
000267 Celery Sticks 1/2	1/2 cup	1438	10	52	1.94
001984 Peanut Butter, Cup, AdvPierre	2 tbsp	1576	180	160	8.00
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	4493	71	0	14.93
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2920	120	180	21.00

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900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			594	1131	73.08
% of Calories					49.2%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 12/10/2018

Reimbursable Meal Total 4895

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001966 Cheeseburger Slider, 2-pk DL	Each	504	272	355	31.30
000741 Mustard Packet	Each	100	5	65	1.00
001102 Ketchup:Packet	Each	416	10	85	3.00
002411 Tamale, Chicken, Del RealSYSCO	Each	2683	290	680	26.00
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	300	85	218	9.51
900042 Apple in a Bag Fuji	Each	4450	29	0	8.00
001984 Peanut Butter, Cup, AdvPierre	2 tbsp	780	180	160	8.00
002376 Rice Krispies, Choc Chip Sysco	each	4813	160	140	30.00
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3000	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	11	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00

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Weighted Daily Average		500	730	71.83
% of Calories				57.5%
Weekly Nutrient Guideline		600 - 700	1360	

Tuesday - 12/11/2018

Reimbursable Meal Total 4794

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002396 Burrito, HandRolled USDA	SERVING	239	536	969	48.73
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	2550	270	410	30.00
000741 Mustard Packet	Each	695	5	65	1.00
001102 Ketchup:Packet	Each	2450	10	85	3.00
001743 Corn, 3/4 Canned	3/4 Cup	310	102	55	23.59
000086 Orange Wedges	Each	600	45	0	11.28
002037 Chips, Sunchips Harvest Chedda	Each	639	140	210	18.00
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2840	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	7	90	125	13.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			299	484	40.47
% of Calories					54.1%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/12/2018

Reimbursable Meal Total 4748

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	2136	350	950	41.00
001156 Barbecue Sauce Cup	Each	1980	40	200	10.00
900071 Pizza, 4" Galaxy Pepp Pizza Schw	Each	2312	290	490	26.00
001739 Baked Beans 3/4 c	3/4 Cup	100	182	309	34.06
002195 Kiwi Fruit 1 1/2	Each	4302	46	2	11.14
000905 Milk - 1% White	Half Pint	1020	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3460	120	180	21.00
Weighted Daily Average			477	924	64.83
% of Calories					54.4%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 12/13/2018

Reimbursable Meal Total 5136

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	271	136	630	2.12
001627 Tortilla Wheat, 6" (2)	Serving (2)	271	180	250	28.00
000446 Taco Sauce:Packet	EACH	241	5	95	1.00
900053 Sandwich, Grilled Cheese	Each	432	340	830	32.00
001742 Green Beans, 3/4c	3/4 cup	1157	33	294	6.37
900086 GRAPES, Red Bagged	Bag	4588	52	2	13.37
002048 COOKIE, CELEBRATION, FatCat IW	Each	5113	142	107	23.90
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2990	120	180	21.00
Weighted Daily Average			332	426	56.34
% of Calories					67.9%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/14/2018

Reimbursable Meal Total 5294

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001998 Macaroni & Cheese, 2/3c LOL	Serving	293	290	980	31.00
002348 Chicken, Popcorn, 12 pcTYSON	Serving	465	250	380	16.00
001156 Barbecue Sauce Cup	Each	2905	40	200	10.00

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001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	2322	25	42	5.84
001105 Dressing, Ranch, Homemade 1oz	1 oz	911	52	161	2.79
002477 Juice, Gold Rush 1/2c, SYSCO	Each	3307	40	60	10.00
000090 Pears, fresh	Each	4481	95	2	25.28
001945 Roll, White Wheat: Galasso	Each	5142	80	125	17.00
000905 Milk - 1% White	Half Pint	960	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3330	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	10	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			362	546	71.94
% of Calories					79.5%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 12/17/2018

Reimbursable Meal Total 4469

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000475 Corndog, Chicken, D Lee WG	Each	144	238	690	27.80
001638 Taco Nada, Taco Turkey	Each	300	260	390	31.00
001804 Vegetarian Beans 3/4c USDA	3/4 cup	100	165	210	30.03
001808 Icee, Sidekick BluRspLmn	each	444	90	30	22.00
001945 Roll, White Wheat: Galasso	Each	444	80	125	17.00

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000905 Milk - 1% White	Half Pint	720	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2600	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			137	199	22.36
% of Calories					65.3%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 12/18/2018

Reimbursable Meal Total 5104

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002476 CHICKEN TACO CHILI	Serving	40	207	569	18.91
001850 Pizza, Trky Pep Pocket Sandwich	Each	2236	300	680	32.00
001735 Broccoli, raw, fresh 3/4	3/4 CUP	180	16	16	3.16
001105 Dressing, Ranch, Homemade 1oz	1 oz	0	52	161	2.79
001693 Tangerines, Fresh	Each	304	50	0	11.00
001463 Muffin, Corn Batter FATC 1.5oz	Each	304	134	114	22.60
000905 Milk - 1% White	Half Pint	1320	130	160	16.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000968 Milk, Chocolate, Fat Free	Half Pint	3080	120	180	21.00
Weighted Daily Average			251	460	33.09
% of Calories					52.7%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/19/2018

Reimbursable Meal Total 4481

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	300	369	725	32.80
001726 Ketchup:Packet 2	2 Each	200	20	170	6.00
000741 Mustard Packet	Each	50	5	65	1.00
002284 Pizza, 5" Deep Dish Cheese	Each	1833	310	440	31.00
002234 Potatoes, 3/4 CRISPY WEDGES	3/4 Cup	420	180	210	30.00
900086 GRAPES, Red Bagged	Bag	4308	52	2	13.37
002257 Grahams, Friends, Bunny	Each	420	160	110	25.00
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2960	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			338	418	50.07
% of Calories					59.3%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 12/20/2018

Reimbursable Meal Total 4897

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	300	260	390	16.00
001156 Barbecue Sauce Cup	Each	300	40	200	10.00
002366 Quesadilla, Cheese/Chile MCI	Each	2858	291	364	28.21
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	2600	25	42	5.84
001105 Dressing, Ranch, Homemade 1oz	1 oz	786	52	161	2.79
002195 Kiwi Fruit 1 1/2	Each	4046	46	2	11.14
002477 Juice,Gold Rush 1/2c, SYSCO	Each	4292	40	60	10.00
002020 Roll, Bridgford Honey Wheat	Each	492	150	230	27.00
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3020	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00

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Weighted Daily Average			395	513	58.02
% of Calories					58.8%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/21/2018

Reimbursable Meal Total 4435

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900075 Pizza, Flatbread Cheese 2pk	Each	144	315	570	33.00
900061 BURRITO, CHILE RELLENO BEAN CHEESE	Each	1900	404	750	52.04
001742 Green Beans, 3/4c	3/4 cup	120	33	294	6.37
900042 Apple in a Bag Fuji	Each	4194	29	0	8.00
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2760	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			310	488	47.02
% of Calories					60.7%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

Dec 3, 2018 thru Dec 21, 2018

**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.*