

Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: Junior High Theme Bar
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 1644

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002430 Chicken, Honey Sriracha Wing W	Serving	1044	290	370	22.00
002229 Salad Bar, Asian Chix	Serving	701	297	466	31.51
900086 GRAPES, Red Bagged	Bag	922	52	2	13.37
002314 Chips, Doritos Nacho FlamasRF	Each	1536	140	200	20.00
000905 Milk - 1% White	Half Pint	220	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	570	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			530	706	63.04
% of Calories					47.6%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 12/04/2018

Reimbursable Meal Total 1940

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002427 Chicken Asian, General Tso's	Serving	1492	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	1492	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	700	297	466	31.51
000944 Fruit Salad, FreshPails	1/2 Cup	1280	60	25	14.00
000333 Grahams, Chocolate Bear WG	Each	1300	110	105	21.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	850	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			536	777	87.92
% of Calories					65.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/05/2018

Reimbursable Meal Total 1748

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	1198	362	802	21.99
002312 Salad Bar, Enchilada	Serving	702	256	507	34.24
900042 Apple in a Bag Fuji	Each	1082	29	0	8.00
002203 Toast, Texas	Each	923	90	190	15.00

Planned Menu Spreadsheet

Portion Values

Garlic, BCrtfers					
000905 Milk - 1% White	Half Pint	250	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	670	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			481	946	52.04
% of Calories					43.3%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 12/06/2018

Reimbursable Meal Total 1846

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1256	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	740	439	1074	37.80
000086 Orange Wedges	Each	1179	45	0	11.28
002085 Grahams, NV Crisps Cinnamon	Each	1190	150	140	25.00
000905 Milk - 1% White	Half Pint	320	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	720	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	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	0	140	150	12.00
Weighted Daily Average			485	635	74.62
% of Calories					61.5%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/07/2018

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002212 Sandwich, Meatball	Serving	1000	323	629	36.56
002242 Salad Bar, Hot HamSwiss	Serving	588	103	198	13.61
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	947	71	0	14.93
000628 Chips, SunChips Multigrain	Each	1600	140	120	19.00
000905 Milk - 1% White	Half Pint	260	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	590	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	1	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			487	678	66.04
% of Calories					54.2%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Portion Values

Monday - 12/10/2018

Reimbursable Meal Total 2052

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002284 Pizza, 5" Deep Dish Cheese	Each	1427	310	440	31.00
002221 Salad Bar, Pizza	Serving	692	163	323	23.18
900042 Apple in a Bag Fuji	Each	1375	29	0	8.00
002376 Rice Krispies, Choc Chip Sysco	each	322	160	140	30.00
000905 Milk - 1% White	Half Pint	410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	860	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			392	544	51.47
% of Calories					52.5%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 12/11/2018

Reimbursable Meal Total 1725

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1125	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	770	241	471	30.96
000088 Peaches, Fresh	Each	999	34	0	8.30

Planned Menu Spreadsheet

Portion Values

002037 Chips, Sunchips Harvest Chedda	Each	550	140	210	18.00
000905 Milk - 1% White	Half Pint	200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	620	120	180	21.00
Weighted Daily Average			468	1078	55.94
% of Calories					47.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/12/2018

Reimbursable Meal Total 2582

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	2532	328	948	32.27
002220 Salad Bar, Tacos	Serving	1009	204	970	17.83
002195 Kiwi Fruit 1 1/2	Each	1844	46	2	11.14
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1110	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			505	1411	57.97
% of Calories					45.9%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Portion Values

Thursday - 12/13/2018

Reimbursable Meal Total 1910

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1285	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	876	439	1074	37.80
900086 GRAPES, Red Bagged	Bag	1184	52	2	13.37
002048 COOKIE, CELEBRATION, FatCat IW	Each	390	142	107	23.90
000905 Milk - 1% White	Half Pint	280	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	830	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			447	634	66.91
% of Calories					59.9%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/14/2018

Reimbursable Meal Total 2235

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	1905	360	620	41.00
002506 Salad Bar, Spicy Chicken	Serving	946	86	273	12.81
000090 Pears,fresh	Each	1573	95	2	25.28

Planned Menu Spreadsheet

Portion Values

000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	960	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			478	743	69.29
% of Calories					58.0%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 12/17/2018

Reimbursable Meal Total 1522

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	922	362	802	21.99
001808 Icee, Sidekick BluRspLmn	each	848	90	30	22.00
002312 Salad Bar, Enchilada	Serving	766	256	507	34.24
001240 Chips, Cheetos Baked	Each	872	120	200	17.00
000905 Milk - 1% White	Half Pint	190	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	570	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	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			528	960	62.45
% of Calories					47.3%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 12/18/2018

Reimbursable Meal Total 1725

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1125	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	770	241	471	30.96
000094 Plums,fresh	Each	1045	30	0	7.54
001463 Muffin, Corn Batter FATC 1.5oz	Each	0	134	114	22.60
000905 Milk - 1% White	Half Pint	200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	620	120	180	21.00
Weighted Daily Average			422	1011	49.96
% of Calories					47.4%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 12/19/2018

Reimbursable Meal Total 1602

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	1052	290	680	26.00
002219 Salad Bar, Tamale	Serving	700	162	492	16.73
900086 GRAPES, Red Bagged	Bag	927	52	2	13.37
002257 Grahams, Friends, Bunny	Each	932	160	110	25.00
000905 Milk - 1% White	Half Pint	210	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	580	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			445	813	56.40
% of Calories					50.7%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 12/20/2018

Reimbursable Meal Total 1410

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	790	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	590	439	1074	37.80
002195 Kiwi Fruit 1 1/2	Each	740	46	2	11.14
002020 Roll, Bridgford Honey Wheat	Each	180	150	230	27.00
000905 Milk - 1% White	Half Pint	200	130	160	16.00

Planned Menu Spreadsheet

Portion Values

000968 Milk, Chocolate, Fat Free	Half Pint	510	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			383	582	55.74
% of Calories					58.2%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 12/21/2018

Reimbursable Meal Total 1582

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	240	369	725	32.80
002233 Salad Bar, Hamburger	Serving	200	137	368	13.30
900042 Apple in a Bag Fuji	Each	868	29	0	8.00
000905 Milk - 1% White	Half Pint	200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	540	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			147	239	20.27
% of Calories					55.2%
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.*