

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: ELEMENTARY LUNCH MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 19980

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002308 Sunrise Pork Saus Chz DLee	Each	19840	159	312	16.00
001736 Potato Rounds, 3/4 c	3/4 Cup	19615	210	420	24.00
001726 Ketchup:Packet 2	2 Each	21240	20	170	6.00
000481 Cereal:Golden Grahams	Each	18790	110	220	24.00
000090 Pears,fresh	Each	17878	95	2	25.28
000905 Milk - 1% White	Half Pint	4420	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16240	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	103	90	125	13.00
900056 Milk, Soy 8 oz	Each	17	140	150	12.00
Weighted Daily Average			700	1294	111.71
% of Calories					63.8%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 04/02/2019

Reimbursable Meal Total 19595

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002216 Chili Beans w/Beef/Fritos/Chz	Serving	19550	349	695	39.19
001462 Salad, Bar Veggie 1	1 Cup	7825	211	506	18.72
900086 GRAPES, Red Bagged	Bag	19170	52	2	13.37
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	19685	140	118	23.70
000905 Milk - 1% White	Half Pint	3385	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	17080	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	105	90	125	13.00
900056 Milk, Soy 8 oz	Each	17	140	150	12.00
Weighted Daily Average			751	1201	104.61
% of Calories					55.7%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 04/03/2019

Reimbursable Meal Total 17100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001998 Macaroni & Cheese, 2/3c LOL	Serving	16910	290	980	31.00
001462 Salad, Bar Veggie 1	1 Cup	7195	211	506	18.72
002444 Craisins, Invd Box	Box	15915	110	0	28.00
900082 Cheese, String, Mozzarella USDA	Each	16365	90	200	2.00

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002465 Grahams, Chocolate Bear Sysco	Each	17285	110	105	21.00
000905 Milk - 1% White	Half Pint	3105	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	15020	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	95	90	125	13.00
900056 Milk, Soy 8 oz	Each	17	140	150	12.00
Weighted Daily Average			805	1668	109.17
% of Calories					54.2%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 04/04/2019

Reimbursable Meal Total 17427

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002056 CHICKEN, ROASTED 8-PC USDA	Serving	17252	152	304	0.00
001276 Mashed Potatoes w/Gravy -CK	1/2 CUP, 2oz	0	115	700	20.00
001462 Salad, Bar Veggie 1	1 Cup	7025	211	506	18.72
900042 Apple in a Bag Fuji	Each	17085	29	0	8.00
002121 Brownie, Dbl Choc Fat Cat	Each	17272	198	85	32.30
000905 Milk - 1% White	Half Pint	3055	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	15000	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	95	90	125	13.00
900056 Milk, Soy 8 oz	Each	17	140	150	12.00

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Weighted Daily Average			587	773	68.36
% of Calories					46.6%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 04/05/2019

Reimbursable Meal Total 16990

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900053 Sandwich, Grilled Cheese	Each	16774	340	830	32.00
001462 Salad, Bar Veggie 1	1 Cup	6825	211	506	18.72
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	15885	71	0	14.93
001983 Crackers,Cheez-It, Whole Grain	Each	16870	100	150	14.00
000905 Milk - 1% White	Half Pint	2945	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	14720	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	90	90	125	13.00
900056 Milk, Soy 8 oz	Each	16	140	150	12.00
Weighted Daily Average			713	1356	88.02
% of Calories					49.4%
Weekly Nutrient Guideline			600 - 650	1230	

Monday - 04/08/2019

Reimbursable Meal Total 14275

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Apr 1, 2019 thru Apr 30, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900043 Bean/Cheese Green Salsa Burrito	Each	14205	233	374	28.00
900105 PEAS, FRZN, USDA	3/4 Cup	9180	110	103	19.49
000086 Orange Wedges	Each	13603	45	0	11.28
000905 Milk - 1% White	Half Pint	2485	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	12412	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	72	90	125	13.00
900056 Milk, Soy 8 oz	Each	10	140	150	12.00
Weighted Daily Average			473	623	72.26
% of Calories					61.1%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 04/09/2019

Reimbursable Meal Total 13647

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002100 Hamburger on a Bun AdvPierre	Serving	13577	330	375	32.00
000741 Mustard Packet	Each	6805	5	65	1.00
001102 Ketchup:Packet	Each	13905	10	85	3.00
001515 Salad, Bar Veggie 2	1 Cup	5795	220	486	21.35
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	11841	62	10	17.67
002037 Chips, Sunchips	Each	13600	140	210	18.00

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Harvest Chedda					
000905 Milk - 1% White	Half Pint	2385	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11200	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	72	90	125	13.00
900056 Milk, Soy 8 oz	Each	10	140	150	12.00
Weighted Daily Average			750	1093	97.84
% of Calories					52.2%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 04/10/2019

Reimbursable Meal Total 13202

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000144 Sandwich, Turkey Chz Deli Slice	Serving	13046	291	547	31.00
000741 Mustard Packet	Each	6622	5	65	1.00
000454 Mayonnaise Packet	Each	10002	60	45	0.00
001515 Salad, Bar Veggie 2	1 Cup	5695	220	486	21.35
900042 Apple in a Bag Fuji	Each	13210	29	0	8.00
002376 Rice Krispies, Choc Chip Sysco	each	13160	160	140	30.00
000905 Milk - 1% White	Half Pint	2345	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11350	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	72	90	125	13.00

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900056 Milk, Soy 8 oz	Each	10	140	150	12.00
Weighted Daily Average			746	1140	99.23
% of Calories					53.2%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 04/11/2019

Reimbursable Meal Total 12883

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	13430	240	1293	20.30
001515 Salad, Bar Veggie 2	1 Cup	5795	220	486	21.35
000090 Pears,fresh	Each	12160	95	2	25.28
002020 Roll, Bridgford Honey Wheat	Each	13075	150	230	27.00
000905 Milk - 1% White	Half Pint	2405	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11680	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	72	90	125	13.00
900056 Milk, Soy 8 oz	Each	10	140	150	12.00
Weighted Daily Average			724	1996	104.14
% of Calories					57.5%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 04/12/2019

Reimbursable Meal Total 14110

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900098 Nacho Cheese w/Chips BAG	Serving	14060	317	925	27.21
001515 Salad, Bar Veggie 2	1 Cup	5825	220	486	21.35
001350 Icee, Hip Hoppin' Rosatti	Each	13970	99	15	25.00
900082 Cheese, String, Mozzarella USDA	Each	13005	90	200	2.00
000905 Milk - 1% White	Half Pint	2383	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11820	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	73	90	125	13.00
900056 Milk, Soy 8 oz	Each	11	140	150	12.00
Weighted Daily Average			710	1500	82.89
% of Calories					46.7%
Weekly Nutrient Guideline			600 - 650	1230	

Monday - 04/15/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 04/16/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 04/17/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 04/18/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 04/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Monday - 04/22/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
000912 No School in Session					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 04/23/2019

Reimbursable Meal Total 11790

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900075 Pizza, Flatbread Cheese 2pk	Each	11785	315	570	33.00
001307 Juice, Very Berry, ApplEv 3/4c	EACH	11649	90	5	22.00
001742 Green Beans, 3/4c	3/4 cup	7265	33	294	6.37

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002085 Grahams, NV Crisps Cinnamon	Each	11675	150	140	25.00
000905 Milk - 1% White	Half Pint	2015	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10230	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	90	125	13.00
900056 Milk, Soy 8 oz	Each	9	140	150	12.00
Weighted Daily Average			699	1079	104.43
% of Calories					59.8%
Weekly Nutrient Guideline			600 - 650	1230	

Wednesday - 04/24/2019

Reimbursable Meal Total 12470

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900102 Chicken Pot Pie	Servings	12420	374	822	42.53
001374 Salad, Bar Veggie 3	1 Cup	5295	160	387	17.24
000086 Orange Wedges	Each	11602	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	12415	147	166	24.20
000905 Milk - 1% White	Half Pint	2255	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10890	120	180	21.00
900056 Milk, Soy 8 oz	Each	45	140	150	12.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900076 Milk, Lactaid 8 oz	Each	34	90	125	13.00
Weighted Daily Average			757	1336	105.58
% of Calories					55.8%
Weekly Nutrient Guideline			600 - 650	1230	

Thursday - 04/25/2019

Reimbursable Meal Total 11790

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	11795	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	11795	139	174	30.19
001374 Salad, Bar Veggie 3	1 Cup	4945	160	387	17.24
900086 GRAPES, Red Bagged	Bag	11365	52	2	13.37
001945 Roll, White Wheat: Galasso	Each	11082	80	125	17.00
000905 Milk - 1% White	Half Pint	2015	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10230	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	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	9	140	150	12.00
Weighted Daily Average			608	920	106.34
% of Calories					70.0%
Weekly Nutrient Guideline			600 - 650	1230	

Friday - 04/26/2019

Reimbursable Meal Total 11740

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900044 Quesadilla, Chicken and Cheese	Each	11610	297	566	31.00
001374 Salad, Bar Veggie 3	1 Cup	4945	160	387	17.24
000090 Pears,fresh	Each	10445	95	2	25.28
001240 Chips, Cheetos Baked	Each	11675	120	200	17.00
000905 Milk - 1% White	Half Pint	2015	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10170	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	90	125	13.00
900056 Milk, Soy 8 oz	Each	9	140	150	12.00
Weighted Daily Average			691	1107	98.34
% of Calories					56.9%
Weekly Nutrient Guideline			600 - 650	1230	

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Apr 1, 2019 thru Apr 30, 2019

Monday - 04/29/2019

Reimbursable Meal Total 11790

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002177 Beef, Meatloaf w/Mash Pot	Serving	11715	215	595	16.50
900088 CARROTS DICED USDA 3/4c	3/4 Cup	7985	41	65	9.06
900089 MIXED BERRIES CUP FRZN, USDA	Each	11495	90	0	20.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	11750	142	107	23.90
000905 Milk - 1% White	Half Pint	2015	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10230	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	90	125	13.00
900056 Milk, Soy 8 oz	Each	9	140	150	12.00
Weighted Daily Average			598	926	86.88
% of Calories					58.1%
Weekly Nutrient Guideline			600 - 650	1230	

Tuesday - 04/30/2019

Reimbursable Meal Total 11767

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001966 Cheeseburger Slider, 2-pk DL	Each	11732	272	355	31.30
001102 Ketchup:Packet	Each	12190	10	85	3.00
000741 Mustard Packet	Each	5655	5	65	1.00

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001517 Salad, Bar Veggie 4	1 Cup	4945	165	424	16.79
000437 Peaches, 1/2c	1/2 Cup	10867	44	4	10.27
002378 Grahams, Elf, Chocolate	Each	11635	120	125	20.00
000905 Milk - 1% White	Half Pint	2015	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10230	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	90	125	13.00
900056 Milk, Soy 8 oz	Each	9	140	150	12.00
Weighted Daily Average			640	963	92.18
% of Calories					57.6%
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.