

Planned Menu Spreadsheet

Portion Values

Apr 1, 2019 thru Apr 30, 2019

Menu Name: Junior High Theme Bar
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 04/01/2019

Reimbursable Meal Total 2774

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	1480	1239	2237	21.74
002312 Salad Bar, Enchilada	Serving	972	264	434	32.14
000090 Pears,fresh	Each	1092	95	2	25.28
000905 Milk - 1% White	Half Pint	275	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	640	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			832	1404	39.26
% of Calories					18.9%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 04/02/2019

Reimbursable Meal Total 3031

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	2315	290	680	26.00
002151 TAPATIO, Hot	Each	1947	0	110	0.00

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Sauce: Packet					
002219 Salad Bar, Tamale	Serving	1077	171	365	15.03
900086 GRAPES, Red Bagged	Bag	994	52	2	13.37
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	1121	140	118	23.70
000905 Milk - 1% White	Half Pint	360	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	890	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	2	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			402	836	46.42
% of Calories					46.2%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 04/03/2019

Reimbursable Meal Total 2776

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002435 Chicken, Drumstick, Ty Drk	Each	1584	190	450	5.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	1584	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	1034	319	530	30.76
002444 Craisins, Invd Box	Box	946	110	0	28.00
002060 COOKIE, CHOC CHIP , FatCat	Each	1946	147	166	24.20
000905 Milk - 1% White	Half Pint	290	130	160	16.00

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000968 Milk, Chocolate, Fat Free	Half Pint	800	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			495	739	65.78
% of Calories					53.2%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 04/04/2019

Reimbursable Meal Total 2836

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1416	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	1040	443	1067	36.80
900042 Apple in a Bag Fuji	Each	1011	29	0	8.00
002121 Brownie, Dbl Choc Fat Cat	Each	1026	198	85	32.30
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	760	120	180	21.00
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	1	140	150	12.00
Weighted Daily Average			378	504	54.30
% of Calories					57.5%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 04/05/2019

Reimbursable Meal Total 3090

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	2160	310	459	30.00
002221 Salad Bar, Pizza	Serving	1230	163	323	23.18
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	1140	71	0	14.93
001983 Crackers,Cheez-It, Whole Grain	Each	1180	100	150	14.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	840	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			391	571	48.28
% of Calories					49.4%
Weekly Nutrient Guideline			600 - 700	1360	

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Apr 1, 2019 thru Apr 30, 2019

Monday - 04/08/2019

Reimbursable Meal Total 2100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1510	561	3415	52.85
002227 Salad Bar, Ck/M.Pot Bow	Serving	922	255	423	29.83
000086 Orange Wedges	Each	540	45	0	11.28
000905 Milk - 1% White	Half Pint	292	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	640	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			582	2719	62.65
% of Calories					43.1%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 04/09/2019

Reimbursable Meal Total 1905

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	945	328	948	32.27
002220 Salad Bar, Tacos	Serving	600	192	829	15.98
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	645	62	10	17.67
000905 Milk - 1% White	Half Pint	330	130	160	16.00

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000968 Milk, Chocolate, Fat Free	Half Pint	900	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			324	848	39.72
% of Calories					49.0%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 04/10/2019

Reimbursable Meal Total 2606

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002427 Chicken Asian, General Tso's	Serving	810	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	810	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	350	319	530	30.76
900042 Apple in a Bag Fuji	Each	610	29	0	8.00
002376 Rice Krispies, Choc Chip Sysco	each	610	160	140	30.00
000905 Milk - 1% White	Half Pint	360	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	960	120	180	21.00
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	1	140	150	12.00
Weighted Daily Average			245	359	39.52
% of Calories					64.5%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 04/11/2019

Reimbursable Meal Total 1662

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	986	360	620	41.00
002233 Salad Bar, Hamburger	Serving	550	137	369	13.31
000090 Pears,fresh	Each	686	95	2	25.28
000905 Milk - 1% White	Half Pint	300	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	740	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			375	599	51.40
% of Calories					54.8%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 04/12/2019

Reimbursable Meal Total 2117

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	540	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	250	443	1067	36.80
001350 Icee, Hip Hoppin' Rosatti	Each	340	99	15	25.00
001546 Grahams, Vanilla Bear, WG	Each	340	104	85	18.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	820	120	180	21.00
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			192	240	31.03
% of Calories					64.6%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 04/23/2019

Reimbursable Meal Total 2069

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002435 Chicken, Drumstick, Ty Drk	Each	1469	190	450	5.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	144	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	910	319	530	30.76
001307 Juice, Very Berry, ApplEv 3/4c	EACH	144	90	5	22.00

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002085 Grahams, NV Crisps Cinnamon	Each	144	150	140	25.00
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	540	120	180	21.00
Weighted Daily Average			344	635	29.25
% of Calories					34.0%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 04/24/2019

Reimbursable Meal Total 2490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	1940	290	680	26.00
002219 Salad Bar, Tamale	Serving	914	171	365	15.03
000086 Orange Wedges	Each	144	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	144	147	166	24.20
000905 Milk - 1% White	Half Pint	300	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	800	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	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			354	751	36.52
% of Calories					41.3%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 04/25/2019

Reimbursable Meal Total 1068

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	540	369	725	32.80
002233 Salad Bar, Hamburger	Serving	500	137	369	13.31
900086 GRAPES, Red Bagged	Bag	240	52	2	13.37
002464 Chips, Flamin Hot Baked Cheeto	Each	240	120	200	17.00
000905 Milk - 1% White	Half Pint	50	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	200	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			318	626	34.32
% of Calories					43.2%
Weekly Nutrient Guideline			600 - 700	1360	

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Portion Values

Apr 1, 2019 thru Apr 30, 2019

Friday - 04/26/2019

Reimbursable Meal Total 2260

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	344	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	300	443	1067	36.80
000090 Pears,fresh	Each	144	95	2	25.28
002020 Roll, Bridgford Honey Wheat	Each	100	150	230	27.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	920	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			163	250	23.95
% of Calories					58.8%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 04/29/2019

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	1070	1239	2237	21.74
002312 Salad Bar, Enchilada	Serving	894	264	434	32.14
900089 MIXED BERRIES CUP FRZN, USDA	Each	216	90	0	20.00

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002048 COOKIE, CELEBRATION, FatCat IW	Each	216	142	107	23.90
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	520	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			1016	1752	45.01
% of Calories					17.7%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 04/30/2019

Reimbursable Meal Total 668

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	476	328	948	32.27
002220 Salad Bar, Tacos	Serving	400	192	829	15.98
000437 Peaches, 1/2c	1/2 Cup	176	44	4	10.27
002465 Grahams, Chocolate Bear Sysco	Each	176	110	105	21.00
000905 Milk - 1% White	Half Pint	30	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	180	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00

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Apr 1, 2019 thru Apr 30, 2019

	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			428	1256	47.18
% of Calories					44.1%
Weekly Nutrient Guideline			600 - 700	1360	

**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.