

# Planned Menu Spreadsheet

Bakersfield City School District

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

**Menu Name:** Grab-N-Go Breakfast

**Include Cost:** No

**Site:** 39 - Noble

**Report Style:** Detailed

### Friday - 02/01/2019

**Reimbursable Meal Total 200**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|----------|
| 900074 Muffin, Mini Blueberry, SkyBlue | Each         | 200       | 140                      | 140                    | 23.00    |
| 000984 Cereal Assortment               | Each         | 200       | 108                      | 182                    | 23.00    |
| 002181 Juice,Fruit Punch 1/2c,         | Each         | 200       | 60                       | 15                     | 15.00    |
| 002195 Kiwi Fruit 1 1/2                | Each         | 200       | 46                       | 2                      | 11.14    |
| 000905 Milk - 1% White                 | Half Pint    | 200       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White            | Half Pint    | 60        | 90                       | 130                    | 13.00    |
| 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                 |              |           | 513                      | 542                    | 92.37    |
| % of Calories                          |              |           |                          |                        | 72.0%    |
| Weekly Nutrient Guideline              |              |           | 400 - 500                | 540                    |          |

### Monday - 02/04/2019

**Reimbursable Meal Total 200**

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 002458 Banana Bread, SkyBlue Pinco | Each         | 200       | 280                      | 220                    | 44.00    |
| 002181 Juice,Fruit Punch 1/2c,     | Each         | 200       | 60                       | 15                     | 15.00    |
| 001221 Applesauce Cup, USDA 1/2c   | 4.5 oz.      | 200       | 51                       | 2                      | 14.00    |
| 000905 Milk - 1% White             | Half Pint    | 200       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White        | Half Pint    | 60        | 90                       | 130                    | 13.00    |
| 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             |              |           | 550                      | 439                    | 93.22    |
| % of Calories                      |              |           |                          |                        | 67.8%    |
| Weekly Nutrient Guideline          |              |           | 400 - 500                | 540                    |          |

**Tuesday - 02/05/2019**

**Reimbursable Meal Total 200**

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 002285 Crumb Cake, Cinnamon, 3oz   | Each         | 200       | 290                      | 270                    | 48.00    |
| 000068 Bananas                     | Each         | 200       | 170                      | 2                      | 43.71    |
| 001308 Juice, Apple, AppleEve 3/4c | EACH         | 200       | 90                       | 5                      | 21.00    |
| 000905 Milk - 1% White             | Half Pint    | 200       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White        | Half Pint    | 60        | 90                       | 130                    | 13.00    |
| 900076 Milk, Lactaid 8 oz          | Each         | 5         | 90                       | 125                    | 13.00    |

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## Portion Values

Feb 1, 2019 thru Feb 28, 2019

|                           |      |   |           |     |        |
|---------------------------|------|---|-----------|-----|--------|
| 900056 Milk, Soy 8 oz     | Each | 0 | 140       | 150 | 12.00  |
| Weighted Daily Average    |      |   | 710       | 479 | 132.93 |
| % of Calories             |      |   |           |     | 74.9%  |
| Weekly Nutrient Guideline |      |   | 400 - 500 | 540 |        |

### Wednesday - 02/06/2019

Reimbursable Meal Total 200

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|----------|
| 001965 Peanut Butter Jelly Graham Bar    | Each         | 200       | 310                      | 210                    | 31.00    |
| 000522 Cereal:Cinna Toast Crunch Red Sug | Each         | 200       | 110                      | 160                    | 22.00    |
| 001997 Juice,Orange-Tang 1/2c, AppEve    | Each         | 200       | 50                       | 25                     | 12.00    |
| 900086 GRAPES, Red Bagged                | Bag          | 200       | 52                       | 2                      | 13.37    |
| 000905 Milk - 1% White                   | Half Pint    | 200       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White              | Half Pint    | 60        | 90                       | 130                    | 13.00    |
| 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                   |              |           | 681                      | 599                    | 98.60    |
| % of Calories                            |              |           |                          |                        | 57.9%    |
| Weekly Nutrient Guideline                |              |           | 400 - 500                | 540                    |          |

### Thursday - 02/07/2019

Reimbursable Meal Total 200

# Planned Menu Spreadsheet

## Portion Values

Feb 1, 2019 thru Feb 28, 2019

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 000811 Cheese, String, Mozzarella     | Each         | 200       | 80                       | 200                    | 2.00     |
| 001983 Crackers,Cheez-It, Whole Grain | Each         | 200       | 100                      | 150                    | 14.00    |
| 002444 Craisins, Invd Box             | Box          | 200       | 110                      | 0                      | 28.00    |
| 001307 Juice, Very Berry, AppEv 3/4c  | EACH         | 200       | 90                       | 5                      | 22.00    |
| 000905 Milk - 1% White                | Half Pint    | 200       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White           | Half Pint    | 60        | 90                       | 130                    | 13.00    |
| 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                |              |           | 539                      | 557                    | 86.22    |
| % of Calories                         |              |           |                          |                        | 64.0%    |
| Weekly Nutrient Guideline             |              |           | 400 - 500                | 540                    |          |

**Friday - 02/08/2019**

**Reimbursable Meal Total 200**

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 000583 Yogurt, Trix Strawberry Banana | Each         | 200       | 100                      | 50                     | 20.00    |
| 002413 Granola, Rockin'ola Cinnamon   | Each         | 200       | 120                      | 0                      | 21.00    |
| 000068 Bananas                        | Each         | 200       | 170                      | 2                      | 43.71    |
| 002181 Juice,Fruit Punch 1/2c,        | Each         | 200       | 60                       | 15                     | 15.00    |

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## Portion Values

|                             |           |     |           |     |        |
|-----------------------------|-----------|-----|-----------|-----|--------|
| 000905 Milk - 1% White      | Half Pint | 200 | 130       | 160 | 16.00  |
| 001579 Milk, Fat Free White | Half Pint | 60  | 90        | 130 | 13.00  |
| 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      |           |     | 610       | 269 | 119.93 |
| % of Calories               |           |     |           |     | 78.6%  |
| Weekly Nutrient Guideline   |           |     | 400 - 500 | 540 |        |

### Monday - 02/11/2019

Reimbursable Meal Total 300

|                             | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|-----------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 000141 HOLIDAY              |              |           |                          |                        |          |
| 000912 No School in Session |              |           |                          |                        |          |
| Weighted Daily Average      |              |           | 0                        | 0                      | 0.00     |
| % of Calories               |              |           |                          |                        | 0%       |
| Weekly Nutrient Guideline   |              |           | 400 - 500                | 540                    |          |

### Tuesday - 02/12/2019

Reimbursable Meal Total 300

|   | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---|--------------|-----------|--------------------------|------------------------|----------|
| 002140 Muffin, ChocChip 1.6oz Otis Spnkmy | Each         | 0         | 140                      | 140                    | 25.00    |
| 001833 Juice,                             | Each         | 0         | 60                       | 15                     | 14.00    |

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|                                  |           |     |                  |            |              |
|----------------------------------|-----------|-----|------------------|------------|--------------|
| Fruitable,TropTwst 1/2c          |           |     |                  |            |              |
| 900042 Apple in a Bag Fuji       | Each      | 300 | 29               | 0          | 8.00         |
| 000905 Milk - 1% White           | Half Pint | 360 | 130              | 160        | 16.00        |
| 001579 Milk, Fat Free White      | Half Pint | 120 | 90               | 130        | 13.00        |
| 900076 Milk, Lactaid 8 oz        | Each      | 5   | 90               | 125        | 13.00        |
| 900056 Milk, Soy 8 oz            | Each      | 0   | 140              | 150        | 12.00        |
| <b>Weighted Daily Average</b>    |           |     | <b>223</b>       | <b>246</b> | <b>32.62</b> |
| % of Calories                    |           |     |                  |            | 58.5%        |
| <b>Weekly Nutrient Guideline</b> |           |     | <b>400 - 500</b> | <b>540</b> |              |

**Wednesday - 02/13/2019**

**Reimbursable Meal Total 300**

|                                      | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|--------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 002166 Waffles, Mini Maple,Pillsbury | Each         | 300       | 210                      | 170                    | 38.00    |
| 001095 Syrup, Maple                  | Each         | 300       | 120                      | 0                      | 31.00    |
| 000481 Cereal:Golden Grahams         | Each         | 300       | 110                      | 220                    | 24.00    |
| 001308 Juice, Apple, AppleEve 3/4c   | EACH         | 0         | 90                       | 5                      | 21.00    |
| 900086 GRAPES, Red Bagged            | Bag          | 300       | 52                       | 2                      | 13.37    |
| 000905 Milk - 1% White               | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White          | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 900076 Milk, Lactaid 8 oz            | Each         | 5         | 90                       | 125                    | 13.00    |

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Feb 1, 2019 thru Feb 28, 2019

## Portion Values

|                           |      |   |           |     |        |
|---------------------------|------|---|-----------|-----|--------|
| 900056 Milk, Soy 8 oz     | Each | 0 | 140       | 150 | 12.00  |
| Weighted Daily Average    |      |   | 686       | 638 | 130.99 |
| % of Calories             |      |   |           |     | 76.4%  |
| Weekly Nutrient Guideline |      |   | 400 - 500 | 540 |        |

**Friday - 02/15/2019**

**Reimbursable Meal Total 300**

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 002251 MUFFIN, TOP Sw.PotChChi, BVIST | Each         | 0         | 260                      | 220                    | 43.00    |
| 002180 Juice,Cran-Rasp 1/2c           | Each         | 0         | 60                       | 10                     | 13.00    |
| 000090 Pears,fresh                    | Each         | 0         | 95                       | 2                      | 25.28    |
| 000905 Milk - 1% White                | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White           | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 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                |              |           | 194                      | 246                    | 24.62    |
| % of Calories                         |              |           |                          |                        | 50.8%    |
| Weekly Nutrient Guideline             |              |           | 400 - 500                | 540                    |          |

**Wednesday - 02/20/2019**

**Reimbursable Meal Total 300**

# Planned Menu Spreadsheet

## Portion Values

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 000583 Yogurt, Trix Strawberry Banana | Each         | 0         | 100                      | 50                     | 20.00    |
| 900067 PEACHES, DICED CUP DEL MONTE   | Each         | 300       | 60                       | 5                      | 15.00    |
| 000068 Bananas                        | Each         | 0         | 170                      | 2                      | 43.71    |
| 000905 Milk - 1% White                | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White           | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 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                |              |           | 254                      | 251                    | 39.62    |
| % of Calories                         |              |           |                          |                        | 62.4%    |
| Weekly Nutrient Guideline             |              |           | 400 - 500                | 540                    |          |

**Thursday - 02/21/2019**

**Reimbursable Meal Total 300**

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 900052 Breakfast Mini Cluster         | Each         | 300       | 260                      | 190                    | 38.00    |
| 000090 Pears,fresh                    | Each         | 0         | 95                       | 2                      | 25.28    |
| 001996 Juice,White-Grape 1/2c AppleEv | Each         | 0         | 80                       | 10                     | 20.00    |
| 000905 Milk - 1% White                | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White           | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 900076 Milk, Lactaid 8 oz             | Each         | 5         | 90                       | 125                    | 13.00    |



# Planned Menu Spreadsheet

## Portion Values

|                           |      |   |           |     |       |
|---------------------------|------|---|-----------|-----|-------|
| 900056 Milk, Soy 8 oz     | Each | 0 | 140       | 150 | 12.00 |
| Weighted Daily Average    |      |   | 454       | 436 | 62.62 |
| % of Calories             |      |   |           |     | 55.2% |
| Weekly Nutrient Guideline |      |   | 400 - 500 | 540 |       |

### Monday - 02/25/2019

**Reimbursable Meal Total 300**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|----------|
| 001400 Cinnamon Bun, WW, Super Bakery  | Each         | 0         | 230                      | 250                    | 37.00    |
| 001996 Juice, White-Grape 1/2c AppleEv | Each         | 0         | 80                       | 10                     | 20.00    |
| 000998 Peach Cup, USDA                 | Each         | 0         | 80                       | 0                      | 18.96    |
| 000905 Milk - 1% White                 | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White            | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 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                 |              |           | 194                      | 246                    | 24.62    |
| % of Calories                          |              |           |                          |                        | 50.8%    |
| Weekly Nutrient Guideline              |              |           | 400 - 500                | 540                    |          |

### Tuesday - 02/26/2019

**Reimbursable Meal Total 300**

# Planned Menu Spreadsheet

## Portion Values

|                                       | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|---------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 002147 Yogurt, Trix Raspberry Rainbow | Each         | 300       | 100                      | 50                     | 20.00    |
| 002085 Grahams, NV Crisps Cinnamon    | Each         | 0         | 150                      | 140                    | 25.00    |
| 001221 Applesauce Cup, USDA 1/2c      | 4.5 oz.      | 0         | 51                       | 2                      | 14.00    |
| 002181 Juice,Fruit Punch 1/2c,        | Each         | 0         | 60                       | 15                     | 15.00    |
| 000905 Milk - 1% White                | Half Pint    | 360       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White           | Half Pint    | 120       | 90                       | 130                    | 13.00    |
| 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                |              |           | 294                      | 296                    | 44.62    |
| % of Calories                         |              |           |                          |                        | 60.7%    |
| Weekly Nutrient Guideline             |              |           | 400 - 500                | 540                    |          |

### Wednesday - 02/27/2019

Reimbursable Meal Total 320

|                                    | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|------------------------------------|--------------|-----------|--------------------------|------------------------|----------|
| 900063 French Toast Sticks, SFresh | Each         | 0         | 210                      | 320                    | 28.00    |
| 002182 Juice,Apple 1/2c,           | Each         | 0         | 60                       | 5                      | 14.00    |
| 000068 Bananas                     | Each         | 0         | 170                      | 2                      | 43.71    |
| 000905 Milk - 1% White             | Half Pint    | 0         | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free              | Half Pint    | 0         | 90                       | 130                    | 13.00    |

# Planned Menu Spreadsheet

## Portion Values

|                           |      |   |           |     |       |
|---------------------------|------|---|-----------|-----|-------|
| White                     |      |   |           |     |       |
| 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    |      |   | 0         | 0   | 0.00  |
| % of Calories             |      |   |           |     | 0%    |
| Weekly Nutrient Guideline |      |   | 400 - 500 | 540 |       |

**Thursday - 02/28/2019**

**Reimbursable Meal Total 300**

|  | Portion Size | Reimb Qty | Cals <sup>1</sup> (kcal) | Sodm <sup>1</sup> (mg) | Carb (g) |
|--|--------------|-----------|--------------------------|------------------------|----------|
| 001238 Pancakes, Mini Pillsbury Straw  | Each         | 0         | 230                      | 150                    | 42.00    |
| 001997 Juice, Orange-Tang 1/2c, AppEve | Each         | 0         | 50                       | 25                     | 12.00    |
| 900042 Apple in a Bag Fuji             | Each         | 0         | 29                       | 0                      | 8.00     |
| 000905 Milk - 1% White                 | Half Pint    | 250       | 130                      | 160                    | 16.00    |
| 001579 Milk, Fat Free White            | Half Pint    | 50        | 90                       | 130                    | 13.00    |
| 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                 |              |           | 125                      | 157                    | 15.72    |
| % of Calories                          |              |           |                          |                        | 50.3%    |
| Weekly Nutrient Guideline              |              |           | 400 - 500                | 540                    |          |

# Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

Feb 1, 2019 thru Feb 28, 2019

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*\*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*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - 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.*