

Planned Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

Menu Name: Junior High Theme Bar

Include Cost: No

Site: All Sites

Report Style: Detailed

Friday - 02/01/2019

Reimbursable Meal Total 2750

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	1460	310	459	30.00
002221 Salad Bar, Pizza	Serving	670	163	323	23.18
900042 Apple in a Bag Fuji	Each	1240	29	0	8.00
001945 Roll, White Wheat: Galasso	Each	920	80	125	17.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	780	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			292	432	38.53
% of Calories					52.8%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 02/04/2019

Reimbursable Meal Total 1740

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Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002430 Chicken, Honey Sriracha Wing W	Serving	1200	290	370	22.00
002229 Salad Bar, Asian Chix	Serving	738	297	466	31.51
001808 Icee, Sidekick BluRspLmn	each	1546	90	30	22.00
002314 Chips, Doritos Nacho FlamasRF	Each	2476	140	200	20.00
000905 Milk - 1% White	Half Pint	320	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	600	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			671	856	86.76
% of Calories					51.7%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 02/05/2019

Reimbursable Meal Total 1985

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1385	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	860	235	356	30.08
900086 GRAPES, Red Bagged	Bag	1705	52	2	13.37
001240 Chips, Cheetos Baked	Each	1980	120	200	17.00

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000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	800	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			588	1219	76.00
% of Calories					51.7%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 02/06/2019

Reimbursable Meal Total 2278

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	1678	290	680	26.00
002219 Salad Bar, Tamale	Serving	890	151	298	15.28
002444 Craisins, Invd Box	Box	2574	110	0	28.00
002465 Grahams, Chocolate Bear Sysco	Each	2794	110	105	21.00
000905 Milk - 1% White	Half Pint	270	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1000	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			600	844	93.65
% of Calories					62.4%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 02/07/2019

Reimbursable Meal Total 1892

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1312	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	890	439	1074	37.80
900042 Apple in a Bag Fuji	Each	1676	29	0	8.00
002121 Brownie, Dbl Choc Fat Cat	Each	1676	198	85	32.30
000905 Milk - 1% White	Half Pint	360	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	750	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			597	699	90.53
% of Calories					60.7%
Weekly Nutrient Guideline			600 - 700	1360	

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Feb 1, 2019 thru Feb 28, 2019

Friday - 02/08/2019

Reimbursable Meal Total 2322

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	1822	369	725	32.80
002233 Salad Bar, Hamburger	Serving	942	137	369	13.31
001983 Crackers,Cheez-It, Whole Grain	Each	1722	100	150	14.00
001773 Blueberries, W/Topping 1/2c	1/2 cup, 2 tbsp	972	65	1	11.40
000905 Milk - 1% White	Half Pint	290	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			508	917	56.09
% of Calories					44.2%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 02/11/2019

Reimbursable Meal Total 1

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

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	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 - 700	1360	

Tuesday - 02/12/2019

Reimbursable Meal Total 1816

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	1816	328	948	32.27
002220 Salad Bar, Tacos	Serving	538	192	829	15.98
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	1335	62	10	17.67
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	1381	140	118	23.70
000905 Milk - 1% White	Half Pint	330	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	980	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			626	1418	82.28
% of Calories					52.6%
Weekly Nutrient Guideline			600 - 700	1360	

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Feb 1, 2019 thru Feb 28, 2019

Wednesday - 02/13/2019

Reimbursable Meal Total 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002427 Chicken Asian, General Tso's	Serving	1372	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	1372	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	250	297	466	31.51
900042 Apple in a Bag Fuji	Each	976	29	0	8.00
002376 Rice Krispies, Choc Chip Sysco	each	876	160	140	30.00
000905 Milk - 1% White	Half Pint	320	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	770	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			396	576	67.40
% of Calories					68.1%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 02/14/2019

Reimbursable Meal Total 1833

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	1833	360	620	41.00
002506 Salad Bar, Spicy Chicken	Serving	994	73	129	10.81

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001326 Icee, Sweet Cherry Rosati	Each	1422	99	15	25.00
000905 Milk - 1% White	Half Pint	390	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	960	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			567	830	80.66
% of Calories					56.9%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 02/15/2019

Reimbursable Meal Total 1846

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1196	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	606	439	1074	37.80
002020 Roll, Bridgford Honey Wheat	Each	665	150	230	27.00
001809 Strawberries Frz Sysco/Whip Top	1/2 cup, 2 tbsp	945	71	0	14.93
000811 Cheese, String, Mozzarella	Each	865	80	200	2.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	780	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

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Weighted Daily Average		452	646	66.09
% of Calories				58.5%
Weekly Nutrient Guideline		600 - 700	1360	

Tuesday - 02/19/2019

Reimbursable Meal Total 2815

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1535	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	860	235	356	30.08
900068 PEARS, DICED CUP DEL MONTE	Each	616	60	5	15.00
002378 Grahams, Elf, Chocolate	Each	630	120	125	20.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	780	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			362	809	43.47
% of Calories					48.0%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 02/20/2019

Reimbursable Meal Total 2846

Planned Menu Spreadsheet

Portion Values

Feb 1, 2019 thru Feb 28, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	1718	290	680	26.00
002219 Salad Bar, Tamale	Serving	794	151	298	15.28
000998 Peach Cup, USDA	Each	576	80	0	18.96
002037 Chips, Sunchips Harvest Chedda	Each	624	140	210	18.00
000905 Milk - 1% White	Half Pint	390	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	1	140	150	12.00
Weighted Daily Average			317	614	36.00
% of Calories					45.4%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 02/21/2019

Reimbursable Meal Total 596

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	596	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	340	439	1074	37.80
900042 Apple in a Bag Fuji	Each	576	29	0	8.00
000994 Crackers, Goldfish Cheddar	Each	596	100	170	14.00
000905 Milk - 1% White	Half Pint	240	130	160	16.00

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000968 Milk, Chocolate, Fat Free	Half Pint	360	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			671	980	99.42
% of Calories					59.3%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 02/22/2019

Reimbursable Meal Total 2605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002212 Sandwich, Meatball	Serving	1076	323	629	36.56
002224 Salad Bar, Meatball Sub	Serving	829	119	203	17.38
000086 Orange Wedges	Each	497	45	0	11.28
002314 Chips, Doritos Nacho FlamasRF	Each	563	140	200	20.00
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	3	90	125	13.00

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Portion Values

Feb 1, 2019 thru Feb 28, 2019

	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			259	437	34.90
% of Calories					53.9%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 02/25/2019

Reimbursable Meal Total 1666

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	1066	362	802	21.99
002312 Salad Bar, Enchilada	Serving	622	244	366	32.39
002465 Grahams, Chocolate Bear Sysco	Each	576	110	105	21.00
002517 Raisins, Sour Watermelon FPoint	EACH	576	120	10	29.00
000905 Milk - 1% White	Half Pint	265	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	630	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			468	784	53.97
% of Calories					46.1%
Weekly Nutrient Guideline			600 - 700	1360	

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Portion Values

Feb 1, 2019 thru Feb 28, 2019

Tuesday - 02/26/2019

Reimbursable Meal Total 650

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001980 Tacos W/Doritos, Beef AVP	SERVING	650	278	868	24.27
002151 TAPATIO, Hot Sauce: Packet	Each	477	0	110	0.00
002220 Salad Bar, Tacos	Serving	327	192	829	15.98
000068 Bananas	Each	623	170	2	43.71
000905 Milk - 1% White	Half Pint	210	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	360	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			646	1519	91.00
% of Calories					56.3%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 02/27/2019

Reimbursable Meal Total 2414

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002427 Chicken Asian, General Tso's	Serving	576	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	576	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	292	297	466	31.51

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000086 Orange Wedges	Each	553	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	576	147	166	24.20
000905 Milk - 1% White	Half Pint	320	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	990	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			222	319	35.61
% of Calories					64.2%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 02/28/2019

Reimbursable Meal Total 1650

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1030	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	590	439	1074	37.80
900086 GRAPES, Red Bagged	Bag	520	52	2	13.37
001945 Roll, White Wheat: Galasso	Each	360	80	125	17.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	750	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

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Weighted Daily Average			380	546	57.80
% of Calories					60.8%
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.