

Planned Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

Menu Name: Cato Middle School

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 01/07/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002284 Pizza, 5" Deep Dish Cheese	Each	306	310	440	31.00
002366 Quesadilla, Cheese/Chile MCI	Each	150	291	364	28.21
002272 PBJ CRUST ON - GRAPE JELLY	Each	200	550	480	52.00
002134 Enchilada, Pepper J, Los Cabos	Serving	144	362	802	21.99
002312 Salad Bar, Enchilada	Serving	100	244	366	32.39
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	800	51	2	14.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	800	142	107	23.90
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	720	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			738	855	98.64
% of Calories					53.5%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

Tuesday - 01/08/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	300	260	390	16.00
001156 Barbecue Sauce Cup	Each	300	40	200	10.00
001863 Pizza, Bagel Lunch TR	Each	295	338	649	39.60
002438 Sandwich, HotHam&Swis Ciabatta	Serving	100	313	947	33.66
002460 Chicken/Homestyle MashPot Bowl	Serving	105	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	100	235	356	30.08
001460 Icee, Sno Jo SwApple Cry Baby	Each	800	99	15	25.00
001240 Chips, Cheetos Baked	Each	800	120	200	17.00
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	720	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			711	1183	101.44
% of Calories					57.1%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/09/2019

Reimbursable Meal Total 800

Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	112	350	950	41.00
001156 Barbecue Sauce Cup	Each	100	40	200	10.00
000766 Burrito, Bean & Cheese, Ext WG	Each	288	291	479	40.95
000446 Taco Sauce:Packet	EACH	250	5	95	1.00
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	100	278	1237	32.66
000454 Mayonnaise Packet	Each	100	60	45	0.00
001102 Ketchup:Packet	Each	100	10	85	3.00
000741 Mustard Packet	Each	100	5	65	1.00
900092 Chalupa, Beef WG, SYSCO	Each	300	244	404	11.18
002219 Salad Bar, Tamale	Serving	200	151	298	15.28
000068 Bananas	Each	800	170	2	43.71
002465 Grahams, Chocolate Bear Sysco	Each	800	110	105	21.00
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	720	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	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	5	140	150	12.00
Weighted Daily Average			753	1072	122.00
% of Calories					64.8%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/10/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	100	136	630	2.12
001627 Tortilla Wheat, 6" (2)	Serving (2)	100	180	250	28.00
000446 Taco Sauce:Packet	EACH	100	5	95	1.00
900053 Sandwich, Grilled Cheese	Each	216	340	830	32.00
900059 PIZZA, 4X6 CHEESE TRoberts	Each	334	315	580	33.00
001911 Potato, Baking	Each	150	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	200	439	1074	37.80
002020 Roll, Bridgford Honey Wheat	Each	500	150	230	27.00
900042 Apple in a Bag Fuji	Each	800	29	0	8.00
001984 Peanut Butter, Cup, AdvPierre	2 tbsp	700	180	160	8.00
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate,	Half Pint	720	120	180	21.00

Planned Menu Spreadsheet

Portion Values

Fat Free					
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			824	1345	97.23
% of Calories					47.2%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 01/11/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002264 Nacho Cheese w/Chips BULK	Serving	300	429	1005	42.41
001353 Hot Dog WW Bun: SYSCO	Each	80	270	720	32.00
000741 Mustard Packet	Each	80	5	65	1.00
001102 Ketchup:Packet	Each	80	10	85	3.00
900044 Quesadilla, Chicken and Cheese	Each	120	297	566	31.00
002232 Steak Burger/ Kaiser Bun DLee	Serving	300	369	725	32.80
002233 Salad Bar, Hamburger	Serving	200	137	368	13.30
900096 Strawberries Frz USDA/Whip Top	1/2 cup, 2 tbsp	800	71	0	14.93
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	720	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00

Planned Menu Spreadsheet

Portion Values

900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			616	1113	77.36
% of Calories					50.2%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 01/14/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001868 Chicken Asian, Teriyaki	Serving	100	99	283	5.14
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	100	139	174	30.19
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	112	270	410	30.00
000741 Mustard Packet	Each	100	5	65	1.00
001102 Ketchup:Packet	Each	100	10	85	3.00
000878 Burrito, Beef/Bean/Red Chli WG	Each	288	281	404	39.12
002151 TAPATIO, Hot Sauce: Packet	Each	288	0	110	0.00
002284 Pizza, 5" Deep Dish Cheese	Each	300	310	440	31.00
002221 Salad Bar, Pizza	Serving	200	163	323	23.18
900089 MIXED BERRIES CUP FRZN, USDA	Each	800	90	0	20.00
002085 Grahams, NV Crisps Cinnamon	Each	800	150	140	25.00
000905 Milk - 1% White	Half Pint	180	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00

Planned Menu Spreadsheet

Portion Values

900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			703	899	107.75
% of Calories					61.3%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/15/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	40	278	1237	32.66
001638 Taco Nada, Taco Turkey	Each	360	260	390	31.00
900058 PIZZA, FRENCH BREAD TR	Each	100	310	459	30.00
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	300	328	948	32.27
002220 Salad Bar, Tacos	Serving	200	192	829	15.98
000086 Orange Wedges	Each	800	45	0	11.28
001240 Chips, Cheetos Baked	Each	800	120	200	17.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	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			637	1248	85.37
% of Calories					53.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/16/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001863 Pizza, Bagel Lunch TR	Each	354	338	649	39.60
900092 Chalupa, Beef WG, SYSCO	Each	50	244	404	11.18
900092 Chalupa, Beef WG, SYSCO	Each	300	244	404	11.18
002427 Chicken Asian, General Tso's	Serving	96	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	96	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	200	297	466	31.51
000090 Pears, fresh	Each	800	95	2	25.28
000925 Grahams, Bug Bites	Each	800	120	115	21.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00

Planned Menu Spreadsheet

Portion Values

Weighted Daily Average			715	953	104.69
% of Calories					58.6%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/17/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	100	213	1314	18.78
002272 PBJ CRUST ON - GRAPE JELLY	Each	288	550	480	52.00
001373 Sandwich, Turkey & Ch Fr RI-Rose	Each	112	270	770	32.00
002439 Chicken, Sp PattyFilet W/Bun	Each	300	360	620	41.00
002506 Salad Bar, Spicy Chicken	Serving	200	74	132	10.96
002020 Roll, Bridgford Honey Wheat	Each	400	150	230	27.00
000068 Bananas	Each	800	170	2	43.71
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
000454 Mayonnaise Packet	Each	100	60	45	0.00

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Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000741 Mustard Packet	Each	100	5	65	1.00
Weighted Daily Average			802	1032	122.72
% of Calories					61.2%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 01/18/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002355 Enchilada Casserole, Chicken Green/Corn	Servings	134	370	1101	24.88
900071 Pizza, 4" Galaxy Pepp Pizza Schwn	Each	300	290	490	26.00
900053 Sandwich, Grilled Cheese	Each	216	340	830	32.00
001911 Potato, Baking	Each	150	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	200	439	1074	37.80
002195 Kiwi Fruit 1 1/2	Each	800	46	2	11.14
000994 Crackers, Goldfish Cheddar	Each	800	100	170	14.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00

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Portion Values

Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			682	1229	85.82
% of Calories					50.3%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/22/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900044 Quesadilla, Chicken and Cheese	Each	72	297	566	31.00
900075 Pizza, Flatbread Cheese 2pk	Each	300	315	570	33.00
000766 Burrito, Bean & Cheese, Ext WG	Each	288	291	479	40.95
002460 Chicken/Homestyle MashPot Bowl	Serving	140	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	200	235	356	30.08
002378 Grahams, Elf, Chocolate	Each	800	120	125	20.00
900068 PEARS, DICED CUP DEL MONTE	Each	800	60	5	15.00
000905 Milk - 1% White	Half Pint	5	130	160	16.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000968 Milk, Chocolate, Fat Free	Half Pint	5	120	180	21.00
Weighted Daily Average			554	851	78.61
% of Calories					56.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/23/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	200	360	620	41.00
000454 Mayonnaise Packet	Each	0	60	45	0.00
900061 BURRITO, CHILE RELLENO BEAN CHEESE	Each	300	404	750	52.04
000475 Corndog, Chicken, D Lee WG	Each	72	238	690	27.80
000741 Mustard Packet	Each	70	5	65	1.00
001102 Ketchup:Packet	Each	70	10	85	3.00
900092 Chalupa, Beef WG, SYSCO	Each	228	244	404	11.18
002219 Salad Bar, Tamale	Serving	200	151	298	15.28
900042 Apple in a Bag Fuji	Each	800	29	0	8.00
002037 Chips, Sunchips Harvest Chedda	Each	800	140	210	18.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate,	Half Pint	700	120	180	21.00

Planned Menu Spreadsheet

Portion Values

Fat Free					
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			673	1102	87.35
% of Calories					51.9%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/24/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	140	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	140	139	174	30.19
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	200	270	410	30.00
000741 Mustard Packet	Each	200	5	65	1.00
001102 Ketchup:Packet	Each	200	10	85	3.00
002272 PBJ CRUST ON - GRAPE JELLY	Each	310	550	480	52.00
001911 Potato, Baking	Each	150	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	200	439	1074	37.80
001308 Juice, Apple, AppleEve 3/4c	EACH	800	90	5	21.00
000159 Scooby-Doo Bones WG	Each	800	120	115	21.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00

Planned Menu Spreadsheet

Portion Values

000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			819	990	117.38
% of Calories					57.3%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 01/28/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001638 Taco Nada, Taco Turkey	Each	290	260	390	31.00
000446 Taco Sauce:Packet	EACH	290	5	95	1.00
002348 Chicken, Popcorn, 12 pcTYSON	Serving	150	250	380	16.00
001156 Barbecue Sauce Cup	Each	150	40	200	10.00
000878 Burrito, Beef/Bean/Red Chli WG	Each	288	281	404	39.12
002151 TAPATIO, Hot Sauce: Packet	Each	288	0	110	0.00
002134 Enchilada, Pepper J, Los Cabos	Serving	72	362	802	21.99
002312 Salad Bar, Enchilada	Serving	200	244	366	32.39
900086 GRAPES, Red Bagged	Bag	800	52	2	13.37
002257 Grahams, Friends, Bunny	Each	800	160	110	25.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00

Planned Menu Spreadsheet

Portion Values

000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			690	936	100.74
% of Calories					58.4%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/29/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002488 Pasta, Penne Chix Diced, Itali	Serving	100	296	602	23.30
900071 Pizza, 4" Galaxy Pepp Pizza Schwn	Each	404	290	490	26.00
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	200	350	950	41.00
001156 Barbecue Sauce Cup	Each	200	40	200	10.00
002427 Chicken Asian, General Tso's	Serving	96	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	96	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	200	297	466	31.51
002195 Kiwi Fruit 1 1/2	Each	800	46	2	11.14
002203 Toast, Texas Garlic, BCrtfers	Each	700	90	190	15.00
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00

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Portion Values

900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			650	1151	89.05
% of Calories					54.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/30/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000940 Beef, Teriyaki Dunker, DL	Serving	130	159	382	11.70
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	130	139	174	30.19
001353 Hot Dog WW Bun: SYSCO	Each	120	270	720	32.00
000741 Mustard Packet	Each	120	5	65	1.00
001102 Ketchup:Packet	Each	120	10	85	3.00
900066 PIZZA, CROISSANT STUFFED TURKY PEPP	Each	400	360	710	36.00
001911 Potato, Baking	Each	150	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	200	439	1074	37.80
002101 Icee, Sidekick Straw-Mango	each	800	90	35	22.00
002060 COOKIE, CHOC CHIP , FatCat	Each	800	147	166	24.20
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate,	Half Pint	700	120	180	21.00

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Portion Values

Fat Free					
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00
Weighted Daily Average			782	1241	114.53
% of Calories					58.6%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/31/2019

Reimbursable Meal Total 800

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	300	369	725	32.80
001102 Ketchup:Packet	Each	300	10	85	3.00
000741 Mustard Packet	Each	300	5	65	1.00
002366 Quesadilla, Cheese/Chile MCI	Each	50	291	364	28.21
900058 PIZZA, FRENCH BREAD TR	Each	150	310	459	30.00
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	300	328	948	32.27
002220 Salad Bar, Tacos	Serving	200	192	829	15.98
000086 Orange Wedges	Each	800	45	0	11.28
000905 Milk - 1% White	Half Pint	160	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	700	120	180	21.00
900056 Milk, Soy 8 oz	Each	5	140	150	12.00

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Portion Values

900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
Weighted Daily Average			569	1191	70.30
% of Calories					49.4%
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.