

# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

**Menu Name:** ELEMENTARY LUNCH MENU

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

### Monday - 01/07/2019

**Reimbursable Meal Total 21410**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002284 Pizza, 5" Deep Dish Cheese	Each	21375	310	440	31.00
001743 Corn, 3/4 Canned	3/4 Cup	16612	102	55	23.59
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	20363	51	2	14.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	21275	142	107	23.90
000905 Milk - 1% White	Half Pint	4919	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16935	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	92	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			704	770	106.67
% of Calories					60.6%
Weekly Nutrient Guideline			600 - 650	1230	

### Tuesday - 01/08/2019

**Reimbursable Meal Total 21440**

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	21430	260	390	16.00
001156 Barbecue Sauce Cup	Each	18750	40	200	10.00
001462 Salad, Bar Veggie 1	1 Cup	8600	179	439	17.72
001460 Icee, Sno Jo SwApple Cry Baby	Each	21135	99	15	25.00
001945 Roll, White Wheat: Galasso	Each	19782	80	125	17.00
000905 Milk - 1% White	Half Pint	3670	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	18204	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	110	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			663	1052	92.82
% of Calories					56.0%
Weekly Nutrient Guideline			600 - 650	1230	

**Wednesday - 01/09/2019**

**Reimbursable Meal Total 21332**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	21313	350	950	41.00
001156 Barbecue Sauce Cup	Each	18760	40	200	10.00
001462 Salad, Bar Veggie 1	1 Cup	8600	179	439	17.72
000068 Bananas	Each	20145	170	2	43.71

# Planned Menu Spreadsheet

## Portion Values

002465 Grahams, Chocolate Bear Sysco	Each	21105	110	105	21.00
000905 Milk - 1% White	Half Pint	3670	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	18204	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	92	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
<b>Weighted Daily Average</b>			<b>852</b>	<b>1589</b>	<b>139.69</b>
<b>% of Calories</b>					<b>65.6%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>1230</b>	

**Thursday - 01/10/2019**

**Reimbursable Meal Total 21355**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	21235	136	630	2.12
001627 Tortilla Wheat, 6" (2)	Serving (2)	21235	180	250	28.00
001462 Salad, Bar Veggie 1	1 Cup	8600	179	439	17.72
900042 Apple in a Bag Fuji	Each	20685	29	0	8.00
000905 Milk - 1% White	Half Pint	3670	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	18204	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	110	90	125	13.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			539	1233	65.57
% of Calories					48.7%
Weekly Nutrient Guideline			600 - 650	1230	

**Friday - 01/11/2019**

**Reimbursable Meal Total 21245**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002264 Nacho Cheese w/Chips BULK	Serving	21200	429	1005	42.41
001462 Salad, Bar Veggie 1	1 Cup	8550	179	439	17.72
900096 Strawberries Frz USDA/Whip Top	1/2 cup, 2 tbsp	20494	71	0	14.93
000905 Milk - 1% White	Half Pint	3670	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	18114	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	92	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			693	1362	84.58
% of Calories					48.8%
Weekly Nutrient Guideline			600 - 650	1230	

**Monday - 01/14/2019**

**Reimbursable Meal Total 21465**

# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001868 Chicken Asian, Teriyaki	Serving	21425	99	283	5.14
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	21425	139	174	30.19
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	14700	85	218	9.51
900089 MIXED BERRIES CUP FRZN, USDA	Each	20467	90	0	20.00
002085 Grahams, NV Crisps Cinnamon	Each	21005	150	140	25.00
000905 Milk - 1% White	Half Pint	3760	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	17994	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	92	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			651	922	105.78
% of Calories					65.0%
Weekly Nutrient Guideline			600 - 650	1230	

**Tuesday - 01/15/2019**

**Reimbursable Meal Total 20675**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	20546	278	1237	32.66
001102 Ketchup:Packet	Each	19215	10	85	3.00
000741 Mustard Packet	Each	10920	5	65	1.00

# Planned Menu Spreadsheet

## Portion Values

001515 Salad, Bar Veggie 2	1 Cup	8350	185	440	21.72
000086 Orange Wedges	Each	19547	45	0	11.28
001240 Chips, Cheetos Baked	Each	20355	120	200	17.00
000905 Milk - 1% White	Half Pint	3520	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	17524	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	92	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			648	1898	92.54
% of Calories					57.1%
Weekly Nutrient Guideline			600 - 650	1230	

**Wednesday - 01/16/2019**

**Reimbursable Meal Total 20590**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001863 Pizza, Bagel Lunch TR	Each	20520	338	649	39.60
001515 Salad, Bar Veggie 2	1 Cup	8300	185	440	21.72
000090 Pears, fresh	Each	18585	95	2	25.28
000925 Grahams, Bug Bites	Each	20320	120	115	21.00
000905 Milk - 1% White	Half Pint	3630	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	17464	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	87	90	125	13.00

# Planned Menu Spreadsheet

## Portion Values

900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			740	1121	112.46
% of Calories					60.8%
Weekly Nutrient Guideline			600 - 650	1230	

### Thursday - 01/17/2019

**Reimbursable Meal Total 19875**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	19610	213	1314	18.78
002020 Roll, Bridgford Honey Wheat	Each	19080	150	230	27.00
001515 Salad, Bar Veggie 2	1 Cup	8050	185	440	21.72
000068 Bananas	Each	18575	170	2	43.71
000905 Milk - 1% White	Half Pint	3410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16809	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	85	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			712	1878	114.66
% of Calories					64.4%
Weekly Nutrient Guideline			600 - 650	1230	

### Friday - 01/18/2019

**Reimbursable Meal Total 19755**

# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002355 Enchilada Casserole, Chicken Green/Corn	Servings	19630	370	1101	24.88
001515 Salad, Bar Veggie 2	1 Cup	8000	185	440	21.72
002195 Kiwi Fruit 1 1/2	Each	17261	46	2	11.14
000905 Milk - 1% White	Half Pint	3400	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	16704	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	277	90	125	13.00
900056 Milk, Soy 8 oz	Each	13	140	150	12.00
Weighted Daily Average			608	1455	63.95
% of Calories					42.1%
Weekly Nutrient Guideline			600 - 650	1230	

**Monday - 01/21/2019**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000141 HOLIDAY					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			600 - 650	1230	

**Tuesday - 01/22/2019**

**Reimbursable Meal Total 14100**



# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900044 Quesadilla, Chicken and Cheese	Each	13990	297	566	31.00
900068 PEARS, DICED CUP DEL MONTE	Each	13338	60	5	15.00
001374 Salad, Bar Veggie 3	1 Cup	6040	150	406	14.70
002378 Grahams, Elf, Chocolate	Each	13990	120	125	20.00
000905 Milk - 1% White	Half Pint	2236	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	11615	120	180	21.00
Weighted Daily Average			654	1038	90.92
% of Calories					55.6%
Weekly Nutrient Guideline			600 - 650	1230	

**Wednesday - 01/23/2019**

**Reimbursable Meal Total 14612**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002449 Chicken, Crispy Patty/Filet/Bun	Each	14578	400	770	46.00
001102 Ketchup:Packet	Each	14010	10	85	3.00
001374 Salad, Bar Veggie 3	1 Cup	5990	150	406	14.70
900042 Apple in a Bag Fuji	Each	14090	29	0	8.00
002037 Chips, SunChips Harvest Chedda	Each	14470	140	210	18.00
000905 Milk - 1% White	Half Pint	2400	130	160	16.00

# Planned Menu Spreadsheet

## Portion Values

000968 Milk, Chocolate, Fat Free	Half Pint	12454	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	65	90	125	13.00
900056 Milk, Soy 8 oz	Each	6	140	150	12.00
Weighted Daily Average			761	1404	100.92
% of Calories					53.0%
Weekly Nutrient Guideline			600 - 650	1230	

**Thursday - 01/24/2019**

**Reimbursable Meal Total 14100**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	14060	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	14060	139	174	30.19
001374 Salad, Bar Veggie 3	1 Cup	6040	150	406	14.70
001308 Juice, Apple, AppleEve 3/4c	EACH	13710	90	5	21.00
000159 Scooby-Doo Bones WG	Each	13990	120	115	21.00
000905 Milk - 1% White	Half Pint	2310	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	12034	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	60	90	125	13.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	6	140	150	12.00
Weighted Daily Average			683	926	117.20
% of Calories					68.6%
Weekly Nutrient Guideline			600 - 650	1230	

### Friday - 01/25/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (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 - 01/28/2019

### Reimbursable Meal Total 11845

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001638 Taco Nada, Taco Turkey	Each	11845	260	390	31.00
000446 Taco Sauce:Packet	EACH	10235	5	95	1.00
001743 Corn, 3/4 Canned	3/4 Cup	9446	102	55	23.59
900086 GRAPES, Red Bagged	Bag	11420	52	2	13.37

# Planned Menu Spreadsheet

## Portion Values

002257 Grahams, Friends, Bunny	Each	11710	160	110	25.00
000905 Milk - 1% White	Half Pint	1950	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	9904	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	62	90	125	13.00
900056 Milk, Soy 8 oz	Each	6	140	150	12.00
<b>Weighted Daily Average</b>			<b>677</b>	<b>804</b>	<b>108.55</b>
% of Calories					64.1%
<b>Weekly Nutrient Guideline</b>			<b>600 - 650</b>	<b>1230</b>	

**Tuesday - 01/29/2019**

**Reimbursable Meal Total 11755**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002488 Pasta, Penne Chix Diced, Itali	Serving	11605	296	602	23.30
001517 Salad, Bar Veggie 4	1 Cup	5420	163	427	16.85
002195 Kiwi Fruit 1 1/2	Each	10383	46	2	11.14
002203 Toast, Texas Garlic, BCrtfers	Each	11390	90	190	15.00
000905 Milk - 1% White	Half Pint	2590	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	9984	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	62	90	125	13.00

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	6	140	150	12.00
Weighted Daily Average			627	1167	76.58
% of Calories					48.9%
Weekly Nutrient Guideline			600 - 650	1230	

## Wednesday - 01/30/2019

Reimbursable Meal Total 11755

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000940 Beef, Teriyaki Dunker, DL	Serving	11730	159	382	11.70
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	11730	139	174	30.19
001517 Salad, Bar Veggie 4	1 Cup	4990	163	427	16.85
002101 Icee, Sidekick Straw-Mango	each	11680	90	35	22.00
000905 Milk - 1% White	Half Pint	1950	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10084	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	62	90	125	13.00
900056 Milk, Soy 8 oz	Each	6	140	150	12.00
Weighted Daily Average			581	953	91.55
% of Calories					63.0%
Weekly Nutrient Guideline			600 - 650	1230	

# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

Thursday - 01/31/2019

Reimbursable Meal Total 11807

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002100 Hamburger on a Bun AdvPierre	Serving	11788	330	375	32.00
001102 Ketchup:Packet	Each	10295	10	85	3.00
000741 Mustard Packet	Each	6570	5	65	1.00
001517 Salad, Bar Veggie 4	1 Cup	4990	163	427	16.85
000086 Orange Wedges	Each	11413	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	11735	147	166	24.20
000905 Milk - 1% White	Half Pint	1950	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	10084	120	180	21.00
900056 Milk, Soy 8 oz	Each	37	140	150	12.00
900076 Milk, Lactaid 8 oz	Each	31	90	125	13.00
Weighted Daily Average			724	1011	97.85
% of Calories					54.1%
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

<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.**