

Planned Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

Menu Name: Grab-N-Go Breakfast

Include Cost: No

Site: 39 - Noble

Report Style: Detailed

Monday - 01/07/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	200	280	220	44.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	200	51	2	14.00
002180 Juice,Cran-Rasp 1/2c	Each	200	60	10	13.00
000905 Milk - 1% White	Half Pint	120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	100	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			516	396	87.42
% of Calories					67.8%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/08/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002325 Breakfast Bar, Bk2Basic CChip	Each	200	260	150	44.00
002182 Juice,Apple 1/2c,	Each	200	60	5	14.00

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000068 Bananas	Each	200	170	2	43.71
000905 Milk - 1% White	Half Pint	120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	100	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			616	321	118.13
% of Calories					76.7%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/09/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001862 Pizza, Bagel Breakfast TR	Each	200	192	363	23.16
001693 Tangerines, Fresh	Each	200	50	0	11.00
001997 Juice, Orange-Tang 1/2c, AppEve	Each	200	50	25	12.00
000905 Milk - 1% White	Half Pint	120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	100	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	5	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	0	140	150	12.00
Weighted Daily Average			417	552	62.58
% of Calories					60.0%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 01/10/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000811 Cheese, String, Mozzarella	Each	200	80	200	2.00
000994 Crackers, Goldfish Cheddar	Each	200	100	170	14.00
001996 Juice, White-Grape 1/2c AppleEv	Each	200	80	10	20.00
000086 Orange Wedges	Each	200	45	0	11.28
000905 Milk - 1% White	Half Pint	120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	100	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			430	544	63.70
% of Calories					59.3%
Weekly Nutrient Guideline			400 - 500	540	

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Jan 7, 2019 thru Jan 31, 2019

Friday - 01/11/2019

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	200	100	50	20.00
000925 Grahams, Bug Bites	Each	200	120	115	21.00
900086 GRAPES, Red Bagged	Bag	200	52	2	13.37
002181 Juice,Fruit Punch 1/2c,	Each	200	60	15	15.00
000905 Milk - 1% White	Half Pint	120	130	160	16.00
001579 Milk, Fat Free White	Half Pint	100	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			457	346	85.80
% of Calories					75.1%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 01/14/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	300	310	210	31.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	0	51	2	14.00

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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			504	456	55.62
% of Calories					44.1%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/15/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900072 Muffin, Top Apple SkyBlue	Each	0	270	280	44.00
000965 Strawberry Cup, USDA 4.5oz	Each	0	80	0	18.94
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

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	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			223	246	32.62
% of Calories					58.5%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/16/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	300	210	170	38.00
000068 Bananas	Each	0	170	2	43.71
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
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			456	418	75.99
% of Calories					66.7%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 01/18/2019

Reimbursable Meal Total 300

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002387 Breakfast, Zee Zee Bar	Each	0	200	5	38.00
002180 Juice,Cran-Rasp 1/2c	Each	0	60	10	13.00
001693 Tangerines, Fresh	Each	0	50	0	11.00
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			194	246	24.62
% of Calories					50.8%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 01/23/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001715 Breakfast Bar, F.Cat Straw Che	Each	0	296	216	51.70
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

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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 - 01/24/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	300	260	190	38.00
000086 Orange Wedges	Each	300	45	0	11.28
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	0	51	2	14.00
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			499	436	73.90
% of Calories					59.2%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 01/28/2019

Reimbursable Meal Total 300

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002001 Muffin, Chocolate 3.2 oz SkyBl	Each	0	270	290	49.00
001996 Juice,White-Grape 1/2c AppleEv	Each	0	80	10	20.00
900042 Apple in a Bag Fuji	Each	0	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
Weighted Daily Average			194	246	24.62
% of Calories					50.8%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 01/29/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	300	100	50	20.00
002257 Grahams, Friends, Bunny	Each	0	160	110	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	Half Pint	120	90	130	13.00

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White					
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 - 01/30/2019

Reimbursable Meal Total 320

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000811 Cheese, String, Mozzarella	Each	0	80	200	2.00
001983 Crackers,Cheez-It, Whole Grain	Each	0	100	150	14.00
002180 Juice,Cran-Rasp 1/2c	Each	0	60	10	13.00
000068 Bananas	Each	0	170	2	43.71
000905 Milk - 1% White	Half Pint	0	130	160	16.00
001579 Milk, Fat Free White	Half Pint	0	90	130	13.00
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			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

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Jan 7, 2019 thru Jan 31, 2019

Thursday - 01/31/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	0	280	220	44.00
001997 Juice, Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
900086 GRAPES, Red Bagged	Bag	0	52	2	13.37
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	

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.