

# Planned Menu Spreadsheet

## Portion Values

Jan 7, 2019 thru Jan 31, 2019

**Menu Name:** Junior High Theme Bar  
**Site:** All Sites

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 01/07/2019

**Reimbursable Meal Total 2036**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	1446	362	802	21.99
002312 Salad Bar, Enchilada	Serving	722	244	366	32.39
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	1389	51	2	14.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	1396	142	107	23.90
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	640	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			532	854	61.95
% of Calories					46.6%
Weekly Nutrient Guideline			600 - 700	1360	

### Tuesday - 01/08/2019

**Reimbursable Meal Total 2108**

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1568	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	760	235	356	30.08
001460 Icee, Sno Jo SwApple Cry Baby	Each	1468	99	15	25.00
001240 Chips, Cheetos Baked	Each	2108	120	200	17.00
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	730	120	180	21.00
Weighted Daily Average			605	1241	80.02
% of Calories					52.9%
Weekly Nutrient Guideline			600 - 700	1360	

### Wednesday - 01/09/2019

Reimbursable Meal Total 2096

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900092 Chalupa, Beef WG, SYSCO	Each	1856	244	404	11.18
002219 Salad Bar, Tamale	Serving	680	151	298	15.28
000068 Bananas	Each	1472	170	2	43.71
002465 Grahams, Chocolate Bear Sysco	Each	1432	110	105	21.00
000905 Milk - 1% White	Half Pint	300	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	760	120	180	21.00

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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			523	616	69.83
% of Calories					53.4%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/10/2019

Reimbursable Meal Total 2086

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001911 Potato, Baking	Each	1516	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	860	439	1074	37.80
900042 Apple in a Bag Fuji	Each	1426	29	0	8.00
002020 Roll, Bridgford Honey Wheat	Each	1266	150	230	27.00
000905 Milk - 1% White	Half Pint	390	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	830	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			486	702	75.70
% of Calories					62.3%
Weekly Nutrient Guideline			600 - 700	1360	

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### Friday - 01/11/2019

Reimbursable Meal Total 2156

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	1816	369	725	32.80
002233 Salad Bar, Hamburger	Serving	750	137	368	13.30
900096 Strawberries Frz USDA/Whip Top	1/2 cup, 2 tbsp	1487	71	0	14.93
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	920	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			477	837	53.69
% of Calories					45.0%
Weekly Nutrient Guideline			600 - 700	1360	

### Monday - 01/14/2019

Reimbursable Meal Total 2150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002284 Pizza, 5" Deep Dish Cheese	Each	1525	310	440	31.00
002221 Salad Bar, Pizza	Serving	780	163	323	23.18
900089 MIXED BERRIES CUP FRZN, USDA	Each	1464	90	0	20.00
002085 Grahams, NV Crisps Cinnamon	Each	760	150	140	25.00

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000905 Milk - 1% White	Half Pint	410	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	920	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
<b>Weighted Daily Average</b>			<b>470</b>	<b>586</b>	<b>64.91</b>
% of Calories					55.2%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	<b>1360</b>	

**Tuesday - 01/15/2019**

**Reimbursable Meal Total 868**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002427 Chicken Asian, General Tso's	Serving	868	170	361	23.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	868	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	492	297	466	31.51
000086 Orange Wedges	Each	829	45	0	11.28
001240 Chips, Cheetos Baked	Each	864	120	200	17.00
000905 Milk - 1% White	Half Pint	80	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	260	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			688	1067	106.51
% of Calories					61.9%
Weekly Nutrient Guideline			600 - 700	1360	

**Wednesday - 01/16/2019**

**Reimbursable Meal Total 2635**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	2585	328	948	32.27
002220 Salad Bar, Tacos	Serving	1007	192	829	15.98
000090 Pears,fresh	Each	1949	95	2	25.28
000925 Grahams, Bug Bites	Each	1097	120	115	21.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1050	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			582	1391	75.90
% of Calories					52.2%
Weekly Nutrient Guideline			600 - 700	1360	

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## Portion Values

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### Thursday - 01/17/2019

Reimbursable Meal Total 672

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001911 Potato, Baking	Each	672	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	490	439	1074	37.80
000068 Bananas	Each	616	170	2	43.71
002020 Roll, Bridgford Honey Wheat	Each	441	150	230	27.00
000905 Milk - 1% White	Half Pint	50	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	200	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			788	1026	129.79
% of Calories					65.9%
Weekly Nutrient Guideline			600 - 700	1360	

### Friday - 01/18/2019

Reimbursable Meal Total 2387

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	2037	360	620	41.00
002506 Salad Bar, Spicy Chicken	Serving	782	74	132	10.96
002195 Kiwi Fruit 1 1/2	Each	1659	46	2	11.14

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000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	960	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
<b>Weighted Daily Average</b>			<b>428</b>	<b>666</b>	<b>56.74</b>
% of Calories					53.0%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	<b>1360</b>	

## Tuesday - 01/22/2019

**Reimbursable Meal Total 1505**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	905	365	1100	34.00
002227 Salad Bar, Ck/M.Pot Bow	Serving	660	235	356	30.08
900068 PEARS, DICED CUP DEL MONTE	Each	841	60	5	15.00
002378 Grahams, Elf, Chocolate	Each	330	120	125	20.00
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	540	120	180	21.00
<b>Weighted Daily Average</b>			<b>440</b>	<b>930</b>	<b>55.74</b>
% of Calories					50.7%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	<b>1360</b>	



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### Wednesday - 01/23/2019

Reimbursable Meal Total 2142

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900092 Chalupa, Beef WG, SYSCO	Each	1592	244	404	11.18
002219 Salad Bar, Tamale	Serving	564	151	298	15.28
900042 Apple in a Bag Fuji	Each	1446	29	0	8.00
002037 Chips, Sunchips Harvest Chedda	Each	1460	140	210	18.00
000905 Milk - 1% White	Half Pint	300	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	800	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			400	612	40.11
% of Calories					40.1%
Weekly Nutrient Guideline			600 - 700	1360	

### Thursday - 01/24/2019

Reimbursable Meal Total 320

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001911 Potato, Baking	Each	320	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	240	439	1074	37.80
001308 Juice, Apple, AppleEve 3/4c	EACH	320	90	5	21.00

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000159 Scooby-Doo Bones WG	Each	320	120	115	21.00
000905 Milk - 1% White	Half Pint	30	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	120	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
<b>Weighted Daily Average</b>			<b>764</b>	<b>1032</b>	<b>116.73</b>
% of Calories					61.1%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	<b>1360</b>	

**Monday - 01/28/2019**

**Reimbursable Meal Total 1450**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002134 Enchilada, Pepper J, Los Cabos	Serving	850	362	802	21.99
900086 GRAPES, Red Bagged	Bag	316	52	2	13.37
002312 Salad Bar, Enchilada	Serving	694	244	366	32.39
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	510	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	3	90	125	13.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			463	838	49.88
% of Calories					43.1%
Weekly Nutrient Guideline			600 - 700	1360	

**Tuesday - 01/29/2019**

**Reimbursable Meal Total 576**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (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	392	297	466	31.51
002195 Kiwi Fruit 1 1/2	Each	534	46	2	11.14
002203 Toast, Texas Garlic, BCrtfers	Each	504	90	190	15.00
000905 Milk - 1% White	Half Pint	30	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	180	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	0	90	125	13.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			677	1085	105.48
% of Calories					62.3%
Weekly Nutrient Guideline			600 - 700	1360	

## Wednesday - 01/30/2019

**Reimbursable Meal Total 2681**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	2631	328	948	32.27
002220 Salad Bar, Tacos	Serving	1003	192	829	15.98
002101 Icee, Sidekick Straw-Mango	each	2017	90	35	22.00
002257 Grahams, Friends, Bunny	Each	543	160	110	25.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1130	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			563	1388	70.40
% of Calories					50.0%
Weekly Nutrient Guideline			600 - 700	1360	

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## Portion Values

Jan 7, 2019 thru Jan 31, 2019

Thursday - 01/31/2019

Reimbursable Meal Total 1516

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001911 Potato, Baking	Each	896	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	760	439	1074	37.80
000086 Orange Wedges	Each	816	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	426	147	166	24.20
000905 Milk - 1% White	Half Pint	200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	570	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			447	689	63.73
% of Calories					57.0%
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*

*<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.