

Planned Menu Spreadsheet

Portion Values

Jan 7, 2019 thru Jan 31, 2019

Menu Name: JH/MIDDLE SCHOOL LUNCH MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 01/07/2019

Reimbursable Meal Total 4197

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002284 Pizza, 5" Deep Dish Cheese	Each	2774	310	440	31.00
002366 Quesadilla, Cheese/Chile MCI	Each	1239	291	364	28.21
001743 Corn, 3/4 Canned	3/4 Cup	1615	102	55	23.59
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	3634	51	2	14.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	4147	142	107	23.90
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2800	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			620	677	90.66
% of Calories					58.5%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/08/2019

Reimbursable Meal Total 4736

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002353 Chicken, Tenders TYSON(3)	Serving	2371	260	390	16.00
001156 Barbecue Sauce Cup	Each	2302	40	200	10.00
001863 Pizza, Bagel Lunch TR	Each	1817	338	649	39.60
900088 CARROTS DICED USDA 3/4c	3/4 Cup	1355	41	65	9.06
001460 Icee, Sno Jo SwApple Cry Baby	Each	4243	99	15	25.00
000905 Milk - 1% White	Half Pint	902	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3226	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			486	727	70.44
% of Calories					58.0%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/09/2019

Reimbursable Meal Total 4758

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001469 Beef Rib-B-Que on Hoagie, AvPr	Each	1490	350	950	41.00
001156 Barbecue Sauce Cup	Each	1490	40	200	10.00
000766 Burrito, Bean & Cheese, Ext WG	Each	2368	291	479	40.95
000446 Taco	EACH	2170	5	95	1.00

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Sauce:Packet					
001741 Celery Sticks 3/4	3/4 cup	1296	16	78	2.90
001105 Dressing, Ranch, Homemade 1oz	1 oz	561	52	161	2.79
000068 Bananas	Each	3828	170	2	43.71
002465 Grahams, Chocolate Bear Sysco	Each	4106	110	105	21.00
000905 Milk - 1% White	Half Pint	810	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3200	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00
900056 Milk, Soy 8 oz	Each	3	140	150	12.00
Weighted Daily Average			615	923	108.10
% of Calories					70.3%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/10/2019

Reimbursable Meal Total 4274

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001823 Chicken Fajita & Cheese SEASONED	Serving	1605	136	630	2.12
001627 Tortilla Wheat, 6" (2)	Serving (2)	1605	180	250	28.00
000446 Taco Sauce:Packet	EACH	1582	5	95	1.00
900053 Sandwich, Grilled Cheese	Each	2634	340	830	32.00
001817 Beans, Black 3/4 c w/ Cheese	3/4 cup, .5 oz	605	222	309	31.12

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900042 Apple in a Bag Fuji	Each	4145	29	0	8.00
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2660	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	10	90	125	13.00
900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			488	1062	59.59
% of Calories					48.8%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 01/11/2019

Reimbursable Meal Total 4152

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002264 Nacho Cheese w/Chips BULK	Serving	2108	429	1005	42.41
001353 Hot Dog WW Bun: SYSCO	Each	1714	270	720	32.00
000741 Mustard Packet	Each	525	5	65	1.00
001102 Ketchup:Packet	Each	1600	10	85	3.00
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	1283	85	218	9.51
900096 Strawberries Frz USDA/Whip Top	1/2 cup, 2 tbsp	3908	71	0	14.93
000905 Milk - 1% White	Half Pint	760	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2760	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00

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900056 Milk, Soy 8 oz	Each	2	140	150	12.00
Weighted Daily Average			531	1065	69.94
% of Calories					52.7%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 01/14/2019

Reimbursable Meal Total 4949

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001868 Chicken Asian, Teriyaki	Serving	2454	99	283	5.14
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	2454	139	174	30.19
002471 Corndog, Mini, Chicken SYSCO	Serving (6)	2445	270	410	30.00
000741 Mustard Packet	Each	735	5	65	1.00
001102 Ketchup:Packet	Each	2360	10	85	3.00
001780 Broccoli W/ Cheese 3/4	3/4c, 1 oz	700	85	218	9.51
900089 MIXED BERRIES CUP FRZN, USDA	Each	1860	90	0	20.00
002085 Grahams, NV Crisps Cinnamon	Each	4725	150	140	25.00
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2840	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	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			535	773	81.25
% of Calories					60.7%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/15/2019

Reimbursable Meal Total 4852

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000195 Sandwich, Ham Slcd & Cheese Deli	Serving	1069	278	1237	32.66
001638 Taco Nada, Taco Turkey	Each	3285	260	390	31.00
001796 Cucumber, Raw 3/4	3/4 Cup	955	13	2	2.38
001105 Dressing, Ranch, Homemade 1oz	1 oz	326	52	161	2.79
000086 Orange Wedges	Each	4472	45	0	11.28
001240 Chips, Cheetos Baked	Each	2568	120	200	17.00
000905 Milk - 1% White	Half Pint	872	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3306	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	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	2	140	150	12.00
Weighted Daily Average			454	805	65.46
% of Calories					57.7%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/16/2019

Reimbursable Meal Total 4225

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001863 Pizza, Bagel Lunch TR	Each	1559	338	649	39.60
900092 Chalupa, Beef WG, SYSCO	Each	2626	244	404	11.18
001804 Vegetarian Beans 3/4c	3/4 cup	1042	165	210	30.03
000090 Pears,fresh	Each	3657	95	2	25.28
000925 Grahams, Bug Bites	Each	1546	120	115	21.00
000905 Milk - 1% White	Half Pint	720	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2800	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	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	2	140	150	12.00
Weighted Daily Average			545	733	75.22
% of Calories					55.2%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/17/2019

Reimbursable Meal Total 4701

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000964 Cream Turkey/Gravy Mix w/Pot.	Serving	2208	213	1314	18.78
002272 PBJ CRUST ON - GRAPE JELLY	Each	2468	550	480	52.00
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	1300	25	42	5.84
002477 Juice,Gold Rush 1/2c, SYSCO	Each	2280	40	60	10.00
002020 Roll, Bridgford Honey Wheat	Each	2560	150	230	27.00
000068 Bananas	Each	4350	170	2	43.71
000905 Milk - 1% White	Half Pint	780	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2960	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	13	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	2	140	150	12.00
Weighted Daily Average			752	1177	113.65
% of Calories					60.5%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 01/18/2019

Reimbursable Meal Total 4385

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002355 Enchilada Casserole, Chicken Green/Corn	Servings	676	370	1101	24.88
900071 Pizza, 4" Galaxy Pepp Pizza Schwn	Each	1074	290	490	26.00
001743 Corn, 3/4 Canned	3/4 Cup	599	102	55	23.59
002195 Kiwi Fruit 1 1/2	Each	3724	46	2	11.14
002477 Juice, Gold Rush 1/2c, SYSCO	Each	3168	40	60	10.00
000905 Milk - 1% White	Half Pint	750	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2340	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	10	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			297	466	44.09
% of Calories					59.4%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/22/2019

Reimbursable Meal Total 5111

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900044 Quesadilla, Chicken and Cheese	Each	1826	297	566	31.00
900075 Pizza, Flatbread Cheese 2pk	Each	480	315	570	33.00
900068 PEARS, DICED CUP DEL MONTE	Each	784	60	5	15.00
900032 Pinto Beans 3/4c w/Ch USDA	3/4 cup	330	162	236	27.43
002378 Grahams, Elf, Chocolate	Each	4568	120	125	20.00
000905 Milk - 1% White	Half Pint	930	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3240	120	180	21.00
Weighted Daily Average			362	527	52.35
% of Calories					57.8%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/23/2019

Reimbursable Meal Total 5127

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp Patty/ilet W/Bun	Each	462	360	620	41.00
000454 Mayonnaise Packet	Each	398	60	45	0.00
900061 BURRITO, CHILE RELLENO BEAN CHEESE	Each	440	404	750	52.04
001742 Green Beans, 3/4c	3/4 cup	290	33	294	6.37
900042 Apple in a Bag Fuji	Each	4456	29	0	8.00
002037 Chips, Sunchips Harvest Chedda	Each	902	140	210	18.00
000905 Milk - 1% White	Half Pint	957	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3220	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	10	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			223	321	34.84
% of Calories					62.5%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/24/2019

Reimbursable Meal Total 4803

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	2120	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	2520	139	174	30.19

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002471 Corndog, Mini, Chicken SYSCO	Serving (6)	1876	270	410	30.00
000741 Mustard Packet	Each	550	5	65	1.00
001102 Ketchup:Packet	Each	1780	10	85	3.00
900088 CARROTS DICED USDA 3/4c	3/4 Cup	320	41	65	9.06
001308 Juice, Apple, AppleEve 3/4c	EACH	864	90	5	21.00
000159 Scooby-Doo Bones WG	Each	864	120	115	21.00
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2820	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	9	90	125	13.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00
Weighted Daily Average			383	574	60.48
% of Calories					63.2%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 01/25/2019

Reimbursable Meal Total 3831

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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	

Monday - 01/28/2019

Reimbursable Meal Total 5150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001638 Taco Nada, Taco Turkey	Each	480	260	390	31.00
000446 Taco Sauce:Packet	EACH	380	5	95	1.00
002348 Chicken, Popcorn, 12 pcTYSON	Serving	3300	250	380	16.00
001156 Barbecue Sauce Cup	Each	2860	40	200	10.00
001743 Corn, 3/4 Canned	3/4 Cup	330	102	55	23.59
900086 GRAPES, Red Bagged	Bag	2515	52	2	13.37
002257 Grahams, Friends, Bunny	Each	2571	160	110	25.00
000905 Milk - 1% White	Half Pint	900	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	3240	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	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	3	140	150	12.00
Weighted Daily Average			417	599	55.34
% of Calories					53.1%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 01/29/2019

Reimbursable Meal Total 4774

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002488 Pasta, Penne Chix Diced, Itali	Serving	198	296	602	23.30
900071 Pizza, 4" Galaxy Pepp Pizza Schwn	Each	2215	290	490	26.00
001110 Carrots, Mini, Peeled - 3 oz	3 oz Package	400	25	42	5.84
001105 Dressing, Ranch, Homemade 1oz	1 oz	842	52	161	2.79
002477 Juice,Gold Rush 1/2c, SYSCO	Each	566	40	60	10.00
002195 Kiwi Fruit 1 1/2	Each	4301	46	2	11.14
002203 Toast, Texas Garlic, BCrtfers	Each	406	90	190	15.00
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2900	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	12	90	125	13.00

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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	1	140	150	12.00
Weighted Daily Average			308	447	42.12
% of Calories					54.7%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 01/30/2019

Reimbursable Meal Total 4873

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000940 Beef, Teriyaki Dunker, DL	Serving	1084	159	382	11.70
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	475	139	174	30.19
900066 PIZZA, CROISSANT STUFFED TURKY PEPP	Each	384	360	710	36.00
001735 Broccoli, raw, fresh 3/4	3/4 CUP	1307	16	16	3.16
001105 Dressing, Ranch, Homemade 1oz	1 oz	711	52	161	2.79
002101 Icee, Sidekick Straw-Mango	each	4922	90	35	22.00
000905 Milk - 1% White	Half Pint	540	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1800	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	7	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			239	305	41.41
% of Calories					69.3%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 01/31/2019

Reimbursable Meal Total 5019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	540	369	725	32.80
001102 Ketchup:Packet	Each	3030	10	85	3.00
000741 Mustard Packet	Each	725	5	65	1.00
002366 Quesadilla, Cheese/Chile MCI	Each	1035	291	364	28.21
001804 Vegetarian Beans 3/4c	3/4 cup	1171	165	210	30.03
000086 Orange Wedges	Each	682	45	0	11.28
002060 COOKIE, CHOC CHIP , FatCat	Each	732	147	166	24.20
000905 Milk - 1% White	Half Pint	840	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	2856	120	180	21.00
900056 Milk, Soy 8 oz	Each	1	140	150	12.00

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Jan 7, 2019 thru Jan 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00
Weighted Daily Average			263	417	38.01
% of Calories					57.8%
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.