

Planned Menu Spreadsheet

Bakersfield City School District

Portion Values

May 1, 2019 thru May 31, 2019

Menu Name: BREAKFAST MENU

Include Cost: No

Site: All Sites

Report Style: Detailed

Wednesday - 05/01/2019

Reimbursable Meal Total 11563

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	7703	210	320	28.00
001095 Syrup, Maple	Each	7095	120	0	31.00
000481 Cereal:Golden Grahams	Each	11319	110	220	24.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	5156	62	10	17.67
000090 Pears,fresh	Each	4141	95	2	25.28
000905 Milk - 1% White	Half Pint	9545	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3440	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	79	90	125	13.00
900056 Milk, Soy 8 oz	Each	17	140	150	12.00
Weighted Daily Average			518	606	95.28
% of Calories					73.6%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/02/2019

Reimbursable Meal Total 12278

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002005 Frittatas, Egg, Chorizo Wrap	Each	5315	180	420	15.00
001830 Cereal: Corn Flakes, Frosted	Each	12373	100	190	24.00
000437 Peaches, 1/2c	1/2 Cup	3973	44	4	10.27
900086 GRAPES, Red Bagged	Bag	4276	52	2	13.37
000905 Milk - 1% White	Half Pint	10235	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3670	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	103	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			347	549	56.01
% of Calories					64.6%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 05/03/2019

Reimbursable Meal Total 11326

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900107 CINNAMON ROLL PILLSBURY 2.7 OZ	Each	5150	270	360	36.00
000984 Cereal Assortment	Each	6401	108	182	23.00
002181 Juice, Fruit Punch 1/2c,	Each	5420	60	15	15.00
002195 Kiwi Fruit 1 1/2	Each	4322	46	2	11.14
000905 Milk - 1% White	Half Pint	9555	130	160	16.00

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001579 Milk, Fat Free White	Half Pint	3440	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	68	90	125	13.00
900056 Milk, Soy 8 oz	Each	15	140	150	12.00
Weighted Daily Average			368	450	58.34
% of Calories					63.4%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 05/06/2019

Reimbursable Meal Total 12153

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001825 Breakfast Wrap, WG SFresh	Each	10818	180	400	14.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12326	110	160	22.00
001996 Juice,White-Grape 1/2c AppleEv	Each	5990	80	10	20.00
000437 Peaches, 1/2c	1/2 Cup	4020	44	4	10.27
000905 Milk - 1% White	Half Pint	9940	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3650	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	81	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	14	140	150	12.00
Weighted Daily Average			460	695	65.12
% of Calories					56.6%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 05/07/2019

Reimbursable Meal Total 10959

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	10884	100	50	20.00
000505 Cereal: Cheerios, Honey Nut	Each	11089	110	160	22.00
900086 GRAPES, Red Bagged	Bag	900	52	2	13.37
000279 Cantaloupe Melon	1/5 Wedge	8353	72	34	17.40
000905 Milk - 1% White	Half Pint	8885	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3410	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	85	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			404	409	73.61
% of Calories					72.9%
Weekly Nutrient Guideline			400 - 500	540	

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May 1, 2019 thru May 31, 2019

Wednesday - 05/08/2019

Reimbursable Meal Total 11653

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900045 Breakfast Taco	Each	7123	167	296	16.00
000481 Cereal:Golden Grahams	Each	11599	110	220	24.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	4868	62	10	17.67
000090 Pears,fresh	Each	3483	95	2	25.28
000905 Milk - 1% White	Half Pint	9545	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3440	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	68	90	125	13.00
900056 Milk, Soy 8 oz	Each	8	140	150	12.00
Weighted Daily Average			400	575	65.63
% of Calories					65.6%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/09/2019

Reimbursable Meal Total 12210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002282 Burrito, Cheese/Egg/Salsa	Each	4457	244	311	28.08
001830 Cereal:Corn Flakes, Frosted	Each	12369	100	190	24.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	3513	35	2	8.99

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900042 Apple in a Bag Fuji	Each	5040	29	0	8.00
000905 Milk - 1% White	Half Pint	10115	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3610	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	109	90	125	13.00
900056 Milk, Soy 8 oz	Each	23	140	150	12.00
Weighted Daily Average			348	479	57.69
% of Calories					66.3%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 05/10/2019

Reimbursable Meal Total 11076

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002458 Banana Bread, SkyBlue Pinco	Each	3776	280	220	44.00
000984 Cereal Assortment	Each	5507	108	182	23.00
002182 Juice, Apple 1/2c,	Each	4505	60	5	14.00
002195 Kiwi Fruit 1 1/2	Each	3777	46	2	11.14
000905 Milk - 1% White	Half Pint	9255	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3320	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	48	90	125	13.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	9	140	150	12.00
Weighted Daily Average			325	342	53.26
% of Calories					65.6%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 05/13/2019

Reimbursable Meal Total 12211

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900062 EggStravaganza, Sunny Fresh	Each	11699	120	280	1.00
001954 Tortilla Wheat, 6" (i)	Each	11057	90	125	14.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12360	110	160	22.00
002180 Juice,Cran-Rasp 1/2c	Each	8851	60	10	13.00
000068 Bananas	Each	9810	170	2	43.71
000905 Milk - 1% White	Half Pint	10405	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3550	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	93	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	22	140	150	12.00
Weighted Daily Average			626	728	97.97
% of Calories					62.6%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 05/14/2019

Reimbursable Meal Total 12163

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000933 Burrito, Bean/Ch Brkfst 3.95oz	Each	11948	222	359	31.39
000505 Cereal: Cheerios, Honey Nut	Each	12361	110	160	22.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	8309	62	10	17.67
900086 GRAPES, Red Bagged	Bag	10239	52	2	13.37
000905 Milk - 1% White	Half Pint	10045	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3455	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	103	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			550	694	93.56
% of Calories					68.0%
Weekly Nutrient Guideline			400 - 500	540	

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Wednesday - 05/15/2019

Reimbursable Meal Total 12204

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001862 Pizza, Bagel Breakfast TR	Each	12034	192	363	23.16
000481 Cereal:Golden Grahams	Each	12447	110	220	24.00
002195 Kiwi Fruit 1 1/2	Each	8442	46	2	11.14
000787 Strawberries Fresh/Whipp Toppi	Serving	8720	53	1	8.71
000905 Milk - 1% White	Half Pint	9985	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	103	90	125	13.00
900056 Milk, Soy 8 oz	Each	20	140	150	12.00
Weighted Daily Average			505	754	78.21
% of Calories					61.9%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/16/2019

Reimbursable Meal Total 12213

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002107 Chicken Slider, Breakfast	Each	3235	290	630	33.00
001830 Cereal:Corn Flakes, Frosted	Each	12391	100	190	24.00
000437 Peaches, 1/2c	1/2 Cup	8448	44	4	10.27

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002517 Raisins, Sour Watermelon FPoint	EACH	9689	120	10	29.00
000905 Milk - 1% White	Half Pint	10005	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3485	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	105	90	125	13.00
900056 Milk, Soy 8 oz	Each	22	140	150	12.00
Weighted Daily Average			437	540	80.15
% of Calories					73.4%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 05/17/2019

Reimbursable Meal Total 12145

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	11933	100	50	20.00
000984 Cereal Assortment	Each	12267	108	182	23.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	7999	35	2	8.99
002181 Juice,Fruit Punch 1/2c,	Each	11560	60	15	15.00
000905 Milk - 1% White	Half Pint	10185	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3515	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	102	90	125	13.00

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Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			423	422	80.39
% of Calories					76.0%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 05/20/2019

Reimbursable Meal Total 12141

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001965 Peanut Butter Jelly Graham Bar	Each	11937	310	210	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	12345	110	160	22.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	11045	50	25	12.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	7734	62	10	17.67
000905 Milk - 1% White	Half Pint	10315	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3730	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	95	90	125	13.00
900056 Milk, Soy 8 oz	Each	22	140	150	12.00
Weighted Daily Average			641	576	92.73
% of Calories					57.9%
Weekly Nutrient Guideline			400 - 500	540	

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May 1, 2019 thru May 31, 2019

Tuesday - 05/21/2019

Reimbursable Meal Total 12090

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002006 Egg, Tac-Go, SF	Each	11895	190	410	15.00
000505 Cereal:Cheerios,Honey Nut	Each	12316	110	160	22.00
001857 Apricots, 1/2c Halves Purchased	1/2 cup	1548	35	2	8.99
900042 Apple in a Bag Fuji	Each	10740	29	0	8.00
000905 Milk - 1% White	Half Pint	10330	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3640	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	91	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			468	744	63.13
% of Calories					54.0%
Weekly Nutrient Guideline			400 - 500	540	

Wednesday - 05/22/2019

Reimbursable Meal Total 12259

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002166 Waffles, Mini Maple,Pillsbury	Each	12177	210	170	38.00
001095 Syrup, Maple	Each	11617	120	0	31.00
000481 Cereal:Golden	Each	14791	110	220	24.00

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Portion Values

Grahams					
000437 Peaches, 1/2c	1/2 Cup	8318	44	4	10.27
002195 Kiwi Fruit 1 1/2	Each	475	46	2	11.14
000905 Milk - 1% White	Half Pint	10435	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3580	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	91	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			625	612	121.01
% of Calories					77.4%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/23/2019

Reimbursable Meal Total 10205

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001431 Cinni Mini (Pillsbury)	each	1260	240	300	40.00
001830 Cereal: Corn Flakes, Frosted	Each	12391	100	190	24.00
000068 Bananas	Each	1125	170	2	43.71
000438 Pears, 1/2c, USDA	1/2 Cup	819	62	5	16.48
000905 Milk - 1% White	Half Pint	10005	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3485	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	105	90	125	13.00

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900056 Milk, Soy 8 oz	Each	22	140	150	12.00
Weighted Daily Average			334	471	60.51
% of Calories					72.5%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 05/24/2019

Reimbursable Meal Total 12173

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900060 Pizza, 3x5 Breakfast Trky Sausage Schwn	Each	11978	240	340	31.00
000984 Cereal Assortment	Each	12405	108	182	23.00
900094 Applesauce, 1/2 c	1/2 Cup	8684	54	2	14.86
002180 Juice,Cran-Rasp 1/2c	Each	2420	60	10	13.00
000905 Milk - 1% White	Half Pint	10415	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3575	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	91	90	125	13.00
900056 Milk, Soy 8 oz	Each	21	140	150	12.00
Weighted Daily Average			535	700	84.75
% of Calories					63.4%
Weekly Nutrient Guideline			400 - 500	540	

Monday - 05/27/2019

Reimbursable Meal Total 11860

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Portion Values

May 1, 2019 thru May 31, 2019

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
000141 HOLIDAY					
Weighted Daily Average			0	0	0.00
% of Calories					0%
Weekly Nutrient Guideline			400 - 500	540	

Tuesday - 05/28/2019

Reimbursable Meal Total 8322

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900099 Cinnamon Toast Crunch Bar (soft)	Each	2688	250	280	40.00
001830 Cereal: Corn Flakes, Frosted	Each	8482	100	190	24.00
001996 Juice, White-Grape 1/2c AppleEv	Each	2094	80	10	20.00
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	7461	62	10	17.67
000905 Milk - 1% White	Half Pint	6635	130	160	16.00
001579 Milk, Fat Free White	Half Pint	2645	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	73	90	125	13.00
900056 Milk, Soy 8 oz	Each	12	140	150	12.00
Weighted Daily Average			392	466	75.28
% of Calories					76.8%
Weekly Nutrient Guideline			400 - 500	540	

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May 1, 2019 thru May 31, 2019

Wednesday - 05/29/2019

Reimbursable Meal Total 11603

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001238 Pancakes, Mini Pillsbury Straw	Each	11118	230	150	42.00
001095 Syrup, Maple	Each	1280	120	0	31.00
000522 Cereal:Cinna Toast Crunch Red Sug	Each	11906	110	160	22.00
900086 GRAPES, Red Bagged	Bag	9285	52	2	13.37
000068 Bananas	Each	7115	170	2	43.71
000905 Milk - 1% White	Half Pint	9175	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3965	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	85	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			627	482	120.94
% of Calories					77.2%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/30/2019

Reimbursable Meal Total 12237

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	11250	260	190	38.00
000984 Cereal Assortment	Each	12392	108	182	23.00

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002195 Kiwi Fruit 1 1/2	Each	9506	46	2	11.14
001857 Apricots, 1/2c Halves Purchased	1/2 cup	6795	35	2	8.99
000905 Milk - 1% White	Half Pint	9990	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3695	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	83	90	125	13.00
900056 Milk, Soy 8 oz	Each	14	140	150	12.00
Weighted Daily Average			538	533	88.96
% of Calories					66.1%
Weekly Nutrient Guideline			400 - 500	540	

Friday - 05/31/2019

Reimbursable Meal Total 11066

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900074 Muffin, Mini Blueberry, SkyBlue	Each	2660	140	140	23.00
000984 Cereal Assortment	Each	4859	108	182	23.00
900068 PEARS, DICED CUP DEL MONTE	Each	1668	60	5	15.00
002180 Juice,Cran-Rasp 1/2c	Each	3513	60	10	13.00
000905 Milk - 1% White	Half Pint	9195	130	160	16.00
001579 Milk, Fat Free White	Half Pint	3320	90	130	13.00
900076 Milk, Lactaid 8 oz	Each	48	90	125	13.00
900056 Milk, Soy 8 oz	Each	8	140	150	12.00

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Portion Values

Weighted Daily Average			244	290	39.28
% of Calories					64.4%
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.