

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 31, 2019

**Menu Name:** Grab-N-Go Breakfast

**Include Cost:** No

**Site:** 39 - Noble

**Report Style:** Detailed

### Wednesday - 05/01/2019

**Reimbursable Meal Total 320**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	0	210	320	28.00
001997 Juice,Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
000090 Pears,fresh	Each	0	95	2	25.28
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	

### Thursday - 05/02/2019

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002325 Breakfast Bar, Bk2Basic CChip	Each	0	260	150	44.00
002180 Juice,Cran-Rasp	Each	0	60	10	13.00

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1/2c					
900042 Apple in a Bag Fuji	Each	0	29	0	8.00
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	

**Monday - 05/06/2019**

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900074 Muffin, Mini Blueberry, SkyBlue	Each	300	140	140	23.00
001996 Juice, White-Grape 1/2c AppleEv	Each	0	80	10	20.00
900067 PEACHES, DICED CUP DEL MONTE	Each	0	60	5	15.00
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 <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			334	386	47.62
% of Calories					57.0%
Weekly Nutrient Guideline			400 - 500	540	

**Tuesday - 05/07/2019**

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002147 Yogurt, Trix Raspberry Rainbow	Each	300	100	50	20.00
002258 Grahams, Honey Bunny	Each	0	160	150	26.00
002180 Juice, Cran-Rasp 1/2c	Each	300	60	10	13.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	300	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			404	308	71.62
% of Calories					70.9%
Weekly Nutrient Guideline			400 - 500	540	

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### Wednesday - 05/08/2019

Reimbursable Meal Total 320

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900063 French Toast Sticks, SFresh	Each	0	210	320	28.00
002182 Juice,Apple 1/2c,	Each	0	60	5	14.00
000090 Pears,fresh	Each	0	95	2	25.28
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	

### Thursday - 05/09/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002087 Frudel, Apple Pillsbury	Each	0	210	280	36.00
002181 Juice,Fruit Punch 1/2c,	Each	0	60	15	15.00
900042 Apple in a Bag Fuji	Each	0	29	0	8.00
000905 Milk - 1% White	Half Pint	250	130	160	16.00

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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	

**Monday - 05/13/2019**

**Reimbursable Meal Total 320**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001983 Crackers,Cheez-It, Whole Grain	Each	320	100	150	14.00
900082 Cheese, String, Mozzarella USDA	Each	320	90	200	2.00
002180 Juice,Cran-Rasp 1/2c	Each	0	60	10	13.00
000068 Bananas	Each	300	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
900076 Milk, Lactaid 8 oz	Each	5	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			531	582	80.05
% of Calories					60.3%
Weekly Nutrient Guideline			400 - 500	540	

### Tuesday - 05/14/2019

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900065 PANCAKE ON A STICK *New	Each	300	180	418	21.50
001497 Fruit Mix, Dried USDA	1/4 cup	300	88	1	23.00
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			514	667	82.49
% of Calories					64.2%
Weekly Nutrient Guideline			400 - 500	540	

### Wednesday - 05/15/2019

**Reimbursable Meal Total 300**

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001862 Pizza, Bagel Breakfast TR	Each	300	192	363	23.16
002181 Juice,Fruit Punch 1/2c,	Each	300	60	15	15.00
000068 Bananas	Each	300	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
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	626	106.48
% of Calories					69.1%
Weekly Nutrient Guideline			400 - 500	540	

Thursday - 05/16/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002325 Breakfast Bar, Bk2Basic CChip	Each	0	260	150	44.00
000998 Peach Cup, USDA	Each	300	80	0	18.96
002517 Raisins, Sour Watermelon FPoint	EACH	300	120	10	29.00
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			393	256	72.58
% of Calories					73.9%
Weekly Nutrient Guideline			400 - 500	540	

**Friday - 05/17/2019**

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000583 Yogurt, Trix Strawberry Banana	Each	300	100	50	20.00
000925 Grahams, Bug Bites	Each	300	120	115	21.00
002181 Juice, Fruit Punch 1/2c,	Each	300	60	15	15.00
002444 Craisins, Invd Box	Box	300	110	0	28.00
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			584	426	108.62
% of Calories					74.4%
Weekly Nutrient Guideline			400 - 500	540	



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### Monday - 05/20/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (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
900085 Mixed Fruit, 1/2c USDA	1/2 Cup	0	62	10	17.67
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 - 05/21/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002428 Muffin, Cran-Orange 1.8oz SkBlu	Each	300	130	135	22.00
001996 Juice, White-Grape 1/2c AppleEv	Each	0	80	10	20.00
900042 Apple in a Bag Fuji	Each	300	29	0	8.00
000905 Milk - 1% White	Half Pint	360	130	160	16.00

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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			353	381	54.62
% of Calories					61.9%
Weekly Nutrient Guideline			400 - 500	540	

### Wednesday - 05/22/2019

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
002166 Waffles, Mini Maple, Pillsbury	Each	300	210	170	38.00
900067 PEACHES, DICED CUP DEL MONTE	Each	300	60	5	15.00
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			516	423	90.99
% of Calories					70.5%
Weekly Nutrient Guideline			400 - 500	540	

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### Friday - 05/24/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
000994 Crackers, Goldfish Cheddar	Each	300	100	170	14.00
900082 Cheese, String, Mozzarella USDA	Each	300	90	200	2.00
002180 Juice, Cran-Rasp 1/2c	Each	0	60	10	13.00
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	300	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			434	618	54.62
% of Calories					50.3%
Weekly Nutrient Guideline			400 - 500	540	

### Wednesday - 05/29/2019

Reimbursable Meal Total 300

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
001983 Crackers, Cheez-It, Whole Grain	Each	300	100	150	14.00
900082 Cheese, String, Mozzarella USDA	Each	300	90	200	2.00
900067 PEACHES, DICED CUP DEL MONTE	Each	300	60	5	15.00

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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
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>444</b>	<b>601</b>	<b>55.62</b>
% of Calories					50.1%
<b>Weekly Nutrient Guideline</b>			<b>400 - 500</b>	<b>540</b>	

**Thursday - 05/30/2019**

**Reimbursable Meal Total 300**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Carb (g)
900052 Breakfast Mini Cluster	Each	300	260	190	38.00
001997 Juice, Orange-Tang 1/2c, AppEve	Each	0	50	25	12.00
002517 Raisins, Sour Watermelon FPoint	EACH	300	120	10	29.00
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 <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			574	446	91.62
% of Calories					63.8%
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*

*<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.