

Planned Menu Spreadsheet

Portion Values

May 1, 2019 thru May 31, 2019

Menu Name: Junior High Theme Bar

Include Cost: No

Site: All Sites

Report Style: Detailed

Wednesday - 05/01/2019

Reimbursable Meal Total 2722

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	584	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	384	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	492	319	530	30.76
000068 Bananas	Each	347	170	2	43.71
002314 Chips, Doritos Nacho FlamasRF	Each	384	140	200	20.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	1110	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			218	305	33.10
% of Calories					60.7%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 05/02/2019

Reimbursable Meal Total 1574

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	954	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	790	443	1067	36.80
900042 Apple in a Bag Fuji	Each	259	29	0	8.00
001984 Peanut Butter, Cup, AdvPierre	2 tbsp	284	180	160	8.00
002376 Rice Krispies, Choc Chip Sysco	each	284	160	140	30.00
000905 Milk - 1% White	Half Pint	200	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	530	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			448	685	58.21
% of Calories					52.0%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 05/03/2019

Reimbursable Meal Total 1678

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	600	310	459	30.00
002221 Salad Bar, Pizza	Serving	580	163	323	23.18
000787 Strawberries Fresh/Whipp Toppi	Serving	270	53	1	8.71
000905 Milk - 1% White	Half Pint	170	130	160	16.00

Planned Menu Spreadsheet

Portion Values

000968 Milk, Chocolate, Fat Free	Half Pint	520	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			226	348	28.30
% of Calories					50.1%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 05/06/2019

Reimbursable Meal Total 2168

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1578	561	3415	52.85
002227 Salad Bar, Ck/M.Pot Bow	Serving	922	255	423	29.83
001221 Applesauce Cup, USDA 1/2c	4.5 oz.	220	51	2	14.00
002048 COOKIE, CELEBRATION, FatCat IW	Each	220	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

Planned Menu Spreadsheet

Portion Values

May 1, 2019 thru May 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			590	2752	63.36
% of Calories					43.0%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 05/07/2019

Reimbursable Meal Total 1684

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	432	328	948	32.27
002220 Salad Bar, Tacos	Serving	400	192	829	15.98
002331 Craisins, Strawberry Invd Box	Box	132	110	0	28.00
000905 Milk - 1% White	Half Pint	320	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	800	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			220	556	27.29
% of Calories					49.6%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 05/08/2019

Reimbursable Meal Total 2540

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	344	290	680	26.00
002219 Salad Bar, Tamale	Serving	300	171	365	15.03
000068 Bananas	Each	144	170	2	43.71
900109 SNACK TGIF CHEDDAR CHEESE	Each	144	110	200	19.00
000905 Milk - 1% White	Half Pint	380	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	960	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			140	239	19.20
% of Calories					54.9%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 05/09/2019

Reimbursable Meal Total 1208

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002439 Chicken, Sp PattyFilet W/Bun	Each	432	360	620	41.00
002233 Salad Bar, Hamburger	Serving	400	137	369	13.31
900086 GRAPES, Red Bagged	Bag	132	52	2	13.37
002121 Brownie, Dbl Choc Fat Cat	Each	132	198	85	32.30

Planned Menu Spreadsheet

Portion Values

000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	480	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			268	447	34.66
% of Calories					51.7%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 05/10/2019

Reimbursable Meal Total 2342

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	370	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	300	443	1067	36.80
000437 Peaches, 1/2c	1/2 Cup	170	44	4	10.27
000628 Chips, SunChips Multigrain	Each	170	140	120	19.00
001707 Jello, Cherry W/Topping	Servings	170	97	95	19.39
000905 Milk - 1% White	Half Pint	290	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	820	120	180	21.00
900076 Milk, Lactaid 8 oz	Each	5	90	125	13.00

Planned Menu Spreadsheet

Portion Values

	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			162	239	23.45
% of Calories					57.9%
Weekly Nutrient Guideline			600 - 700	1360	

Monday - 05/13/2019

Reimbursable Meal Total 2236

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002460 Chicken/Homestyle MashPot Bowl	Serving	1646	561	3415	52.85
002227 Salad Bar, Ck/M.Pot Bow	Serving	922	255	423	29.83
001808 Icee, Sidekick BluRspLmn	each	0	90	30	22.00
002085 Grahams, NV Crisps Cinnamon	Each	0	150	140	25.00
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			570	2761	59.31
% of Calories					41.6%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Portion Values

Tuesday - 05/14/2019

Reimbursable Meal Total 2145

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002435 Chicken, Drumstick, Ty Drk	Each	1545	190	450	5.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	0	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	1010	319	530	30.76
000086 Orange Wedges	Each	0	45	0	11.28
002464 Chips, Flamin Hot Baked Cheeto	Each	0	120	200	17.00
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	540	120	180	21.00
Weighted Daily Average			328	632	24.64
% of Calories					30.0%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 05/15/2019

Reimbursable Meal Total 2490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002411 Tamale, Chicken, Del RealSYSCO	Each	1940	290	680	26.00
002219 Salad Bar, Tamale	Serving	914	171	365	15.03
000090 Pears,fresh	Each	0	95	2	25.28
000925 Grahams, Bug Bites	Each	0	120	115	21.00

Planned Menu Spreadsheet

Portion Values

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			343	741	34.47
% of Calories					40.2%
Weekly Nutrient Guideline			600 - 700	1360	

Thursday - 05/16/2019

Reimbursable Meal Total 1008

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002232 Steak Burger/ Kaiser Bun DLee	Serving	300	369	725	32.80
002233 Salad Bar, Hamburger	Serving	300	137	369	13.31
000068 Bananas	Each	0	170	2	43.71
002140 Muffin, ChocChip 1.6oz Otis Spnkmy	Each	0	140	140	25.00
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

Planned Menu Spreadsheet

Portion Values

	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			181	369	18.68
% of Calories					41.3%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 05/17/2019

Reimbursable Meal Total 2356

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	200	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	200	443	1067	36.80
002451 Icee, Rosatti Emoji	Each	0	99	15	25.00
002020 Roll, Bridgford Honey Wheat	Each	0	150	230	27.00
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			115	183	16.46
% of Calories					57.3%
Weekly Nutrient Guideline			600 - 700	1360	

Planned Menu Spreadsheet

Portion Values

May 1, 2019 thru May 31, 2019

Monday - 05/20/2019

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
002391 Pork Carnitas w/Tortillas	Serving	1070	310	620	29.00
002220 Salad Bar, Tacos	Serving	894	192	829	15.98
000998 Peach Cup, USDA	Each	0	80	0	18.96
002059 COOKIE, SNICKERDOOD, FatCat IW	Each	0	140	118	23.70
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	520	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			352	914	35.34
% of Calories					40.2%
Weekly Nutrient Guideline			600 - 700	1360	

Tuesday - 05/21/2019

Reimbursable Meal Total 876

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900027 Tacos W/Top n' Go Doritos, Beef AVP	SERVING	300	328	948	32.27
002220 Salad Bar, Tacos	Serving	300	192	829	15.98
000090 Pears,fresh	Each	0	95	2	25.28

Planned Menu Spreadsheet

Portion Values

002465 Grahams, Chocolate Bear Sysco	Each	0	110	105	21.00
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
900056 Milk, Soy 8 oz	Each	0	140	150	12.00
Weighted Daily Average			207	651	21.39
% of Calories					41.3%
Weekly Nutrient Guideline			600 - 700	1360	

Wednesday - 05/22/2019

Reimbursable Meal Total 2881

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001843 Chicken Asian, Orange Mandarin	1/2 Cup	200	150	280	19.00
001619 Rice WG BROWN, MixedVegetables	5/8 Cup	0	139	174	30.19
002229 Salad Bar, Asian Chix	Serving	200	319	530	30.76
001693 Tangerines, Fresh	Each	0	50	0	11.00
002037 Chips, Sunchips Harvest Chedda	Each	0	140	210	18.00
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

Planned Menu Spreadsheet

Portion Values

Weighted Daily Average		97	148	13.82
% of Calories				57.0%
Weekly Nutrient Guideline		600 - 700	1360	

Thursday - 05/23/2019

Reimbursable Meal Total 1716

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
001911 Potato, Baking	Each	1096	168	24	37.00
002222 Salad Bar, Baked Potato	Serving	960	443	1067	36.80
900086 GRAPES, Red Bagged	Bag	0	52	2	13.37
001984 Peanut Butter, Cup, AdvPierre	2 tbsp	0	180	160	8.00
008049 Crackers,Cheez-It, Red. Fat	Each	0	190	350	28.00
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			410	691	53.09
% of Calories					51.8%
Weekly Nutrient Guideline			600 - 700	1360	

Friday - 05/24/2019

Reimbursable Meal Total 1738

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Carb (g)
900058 PIZZA, FRENCH BREAD TR	Each	660	310	459	30.00
002221 Salad Bar, Pizza	Serving	620	163	323	23.18
900111 MANGO SNOWPAL FRUTI FRUIT	Each	0	48	0	13.00
000905 Milk - 1% White	Half Pint	170	130	160	16.00
000968 Milk, Chocolate, Fat Free	Half Pint	480	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			222	355	27.05
% of Calories					48.7%
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.