

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

Menu Name: Elementary Lunch **Include Cost:** No
Site: All Sites **Report Style:** Detailed

Monday - 08/06/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001077 Hot Dog on Bun	SANDWICH	1370	280	5.00	780	4	17.50	0.00	21.00
001510 Peanut Butter Combo K-5 #2	Each	260	479	5.98	697	13	22.97	0.00	46.99
000787 Baked Beans-NEW	1/2 CUP	1035	129	0.09	154	0	0.52	0.00	29.11
001049 CARROTS,FRESH,RAW	1/4 CUP	570	12	0.01	28	0	0.04	0.00	2.89
000437 PEACHES: canned,light syrup	1/2 cup	1500	71	0.00	7	17	0.04	0.00	19.01
001082 Ketchup/Mustard	each	1385	26	0.00	79	5	0.05	0.00	5.09
000833 MILK - CHOCOLATE SKIM	HALF PINT	1290	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	220	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	115	100	1.50	120	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	455	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			604	5.33	1141	44	19.30	0.00	87.35
% of Calories				7.94%		29.1%	28.8%	0.0%	57.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 08/07/2018

Reimbursable Meal Total 1670

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001496 Chicken Smackers, Dark 110458	Serving of 10	1560	289	2.99	488	0	16.94	0.00	16.94
000908 Salad Entree- Elem*	Each	110	454	7.61	627	28	17.79	*0.00	52.68
000766 Macaroni & Cheese, JTM #5769	4oz	1540	193	5.33	507	2	10.00	0.33	17.33
000258 BROCCOLI: frozen, boiled	1/2 Cup	1125	60	0.02	401	*0	0.10	0.00	14.51
990011 Peppers, Red & Green Strips	1/4 Cup	155	6	0.01	1	1	0.05	0.00	1.23
001373 Pears w/ Cherries	1/2 cup	1535	81	0.00	5	15	0.00	0.00	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	1190	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	315	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	3	123	0.01	266	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	108	132	0.00	378	9	4.72	0.00	18.90
001150 Dressing, Buttermilk, Red-Cal	TBSP	110	33	0.00	94	2	1.18	0.00	4.72
001083 Ketchup	TBSP	930	20	0.00	50	4	0.00	0.00	4.03
000985 Barbecue Sauce- Elem*	TBSP	620	1	0.00	8	0	0.02	0.00	0.25
Weighted Daily Average			727	8.37	1464	*39	26.93	*0.31	87.34
% of Calories				10.36%		*21.5%	33.3%	*0.4%	48.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 08/08/2018

Reimbursable Meal Total 1655

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990076 DEEP DISH 5" CHEESE PIZZA CN	EACH	1450	320	6.00	480	10	12.00	0.00	35.00
001510 Peanut Butter Combo K-5 #2	Each	205	479	5.98	697	13	22.97	0.00	46.99
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	1090	62	0.09	111	*0	0.49	0.00	12.24
000979 TOMATOES, CHERRY (1/4)	1/4 Cup	225	7	0.01	2	1	0.07	0.00	1.45
000385 Assorted Fresh Fruit (2)	1 each	1600	67	0.06	1	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	1175	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	305	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	120	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	615	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			568	6.25	777	*41	14.56	0.00	82.54
% of Calories				9.90%		*28.9%	23.1%	0.0%	58.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Thursday - 08/09/2018

Reimbursable Meal Total 1600

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000839 Nachos with Ground Beef 2012*	Serving	1515	379	3.26	815	5	14.75	0.00	45.40
000908 Salad Entree- Elem*	Each	90	454	7.61	627	28	17.79	*0.00	52.68

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Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000271 CORN: frozen, yellow	1/2 cup	1450	73	0.70	14	2	1.87	0.00	14.41
001475 CUCUMBER,RAW (1/4C)	1/4 Cup	235	4	0.00	1	0	0.05	0.00	0.64
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1425	78	0.01	8	19	0.10	0.00	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	1155	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	120	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	195	33	0.00	94	2	1.18	0.00	4.72
000951 Dressing, Buttermilk, RC-Salad	4 T	85	132	0.00	378	9	4.72	0.00	18.90
000837 BEANS GARBANZO ,CANNED	1/4 CUP	30	60	0.23	231	0	0.92	0.00	10.15
Weighted Daily Average			642	4.31	1025	44	17.40	*0.00	98.22
% of Calories				6.04%		27.4%	24.4%	*0.0%	61.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 08/10/2018

Reimbursable Meal Total 1610

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000752 Bosco Breadsticks-Elem*	Serving-2 ea	1400	301	5.06	444	2	10.09	0.00	34.00
001510 Peanut Butter Combo K-5 #2	Each	210	479	5.98	697	13	22.97	0.00	46.99
000825 Caesar Salad	2/3 C Serving	1170	108	1.67	231	*1	7.90	*0.00	6.77

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Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	315	46	0.45	143	3	2.63	0.00	5.04
001026 Apples, Cinnamon	1/2 cup	1300	93	0.61	19	11	1.34	*0.00	20.69
001462 Marinara Sauce, Red Gold #RPKN	1/4 Cup	1280	30	0.00	245	2	1.00	0.00	4.50
000833 MILK - CHOCOLATE SKIM	HALF PINT	1200	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	151	100	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			622	7.12	1047	*33	20.14	*0.00	81.31
% of Calories				10.30%		*21.2%	29.1%	*0.0%	52.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Monday - 08/13/2018

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001280 Chicken Tenders (2M/1G) Tyson	Serving (3)	1545	250	1.50	411	1	10.02	0.00	15.03
001451 Peanut Butter Combo #2	Each	125	583	4.57	693	*20	21.95	*0.00	81.53
990089 POTATO, AU GRATIN, (1/2 C)	1/2 C	1495	40	0.96	70	1	2.29	0.00	4.24
001386 BROCCOLI,raw: fresh	1/2 Cup	165	15	0.02	15	1	0.16	0.00	2.92
000437 PEACHES: canned,light syrup	1/2 cup	1590	71	0.00	7	17	0.04	0.00	19.01
000833 MILK - CHOCOLATE SKIM	HALF PINT	1175	110	0.00	180	18	0.00	0.00	20.00

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Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	315	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	155	100	1.50	120	11	2.50	0.00	11.00
000985 Barbecue Sauce- Elem*	TBSP	900	1	0.00	8	0	0.02	0.00	0.25
001083 Ketchup	TBSP	960	20	0.00	50	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	115	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			503	2.74	702	*40	13.34	*0.00	64.20
% of Calories				4.90%		*31.8%	23.9%	*0.0%	51.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 08/14/2018

Reimbursable Meal Total 1640

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000681 Country Fried Steak (16530)	Serving	1395	300	4.50	310	2	19.00	0.00	19.00
000689 Salad Entree- Elem-ham	Each	245	433	7.79	811	*15	16.83	*0.00	54.36
000611 Mashed Potatoes	1/2 cup	1390	82	0.00	379	1	1.17	0.00	17.62
000559 Gravy, Brown	1oz	1285	12	0.16	5	0	0.60	0.00	0.00
990071 GREEN BEANS W HAM	1/2 cup	990	82	0.31	1020	*0	0.68	0.00	19.20
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	1410	29	0.02	1	0	0.10	0.00	7.83
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	1520	160	0.50	220	3	5.00	0.00	24.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000837 BEANS GARBANZO ,CANNED	1/4 CUP	31	60	0.23	231	0	0.92	0.00	10.15
000833 MILK - CHOCOLATE SKIM	HALF PINT	1130	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	335	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	153	100	1.50	120	11	2.50	0.00	11.00
000951 Dressing, Buttermilk, RC-Salad	4 T	220	132	0.00	378	9	4.72	0.00	18.90
Weighted Daily Average			750	5.93	1746	*27	26.16	*0.00	101.81
% of Calories				7.12%		*14.4%	31.4%	*0.0%	54.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 08/15/2018

Reimbursable Meal Total 1620

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001639 Pizza, Pepperoni, Wild Mike's	Slice (1/10th)	1435	370	9.00	580	4	18.00	0.00	33.00
001451 Peanut Butter Combo #2	Each	190	583	4.57	693	*20	21.95	*0.00	81.53
001554 Salad Garden - Elem	Serving-1 cup	1245	13	0.00	11	1	0.02	0.00	2.65
001478 CUCUMBER,RAW (1/4C)	1/4 Cup	240	40	0.02	95	3	1.23	0.00	6.29
001051 Blushed Pears	1/2c	1525	84	0.00	10	16	0.00	*0.00	21.04
990075 Popsicle, Red, White, Blue	EACH	1595	40	0.00	5	7	0.00	0.00	10.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1095	110	0.00	180	18	0.00	0.00	20.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	310	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	190	100	1.50	120	11	2.50	0.00	11.00
990013 Dressing, Buttermilk, Red-Cal	2 TBSP	850	66	0.00	189	5	2.36	0.00	9.45
001150 Dressing, Buttermilk, Red-Cal	TBSP	500	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			685	8.69	919	*50	20.61	*0.00	96.86
% of Calories				11.42%		*29.2%	27.1%	*0.0%	56.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Thursday - 08/16/2018

Reimbursable Meal Total 1635

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001570 Chicken Pattie, Bkft WG Goldki	2 Each	1530	160	2.00	390	0	8.00	0.00	8.00
001571 Waffles, Mini Maple,IW EGGO, W	Pkg	1510	200	1.50	220	10	5.00	0.00	35.00
000689 Salad Entree- Elem-ham	Each	105	433	7.79	811	*15	16.83	*0.00	54.36
000992 Juice, Wango Mango	Carton	1360	50	0.00	20	*N/A*	0.00	0.00	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	30	60	0.23	231	0	0.92	0.00	10.15
000616 Carrot/Celery Sticks (1/4c)	Portion (1/4C)	130	53	0.03	169	*4	1.32	*0.00	8.94
000085 ORANGES WEDGES	EACH	1550	45	0.01	0	9	0.12	0.00	11.28
001006 SYRUP,PANCAKE	1oz.	1400	66	0.00	23	6	0.00	*N/A*	17.43

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	1105	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	305	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	190	100	1.50	120	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	4	123	0.01	266	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	95	132	0.00	378	9	4.72	0.00	18.90
000985 Barbecue Sauce- Elem*	TBSP	1000	1	0.00	8	0	0.02	0.00	0.25
001083 Ketchup	TBSP	725	20	0.00	50	4	0.00	0.00	4.03
Weighted Daily Average			635	3.95	882	*44	13.99	*0.00	102.63
% of Calories				5.60%		*27.7%	19.8%	*0.0%	64.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 08/17/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001022 Mini Corn Dogs	Serving (6)	1450	267	1.90	365	12	11.00	0.00	33.00
001451 Peanut Butter Combo #2	Each	155	583	4.57	693	*20	21.95	*0.00	81.53
001161 Potato Wedges Seas. #C-27 LW	1/2 C	1555	175	3.37	283	0	8.10	0.00	24.29
000952 BROCCOLI,raw: fresh-ELEM	1/4 Cup	170	8	0.01	8	0	0.08	0.00	1.51
001371 Strawberries & Blueberries	1/2 Cup	1355	65	0.02	5	*8	0.27	0.00	16.79

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000833 MILK - CHOCOLATE SKIM	HALF PINT	1115	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	310	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	170	100	1.50	120	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	1290	26	0.00	79	5	0.05	0.00	5.09
001083 Ketchup	TBSP	1115	20	0.00	50	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	95	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			670	5.60	942	*44	20.51	*0.00	102.03
% of Calories				7.52%		*26.3%	27.6%	*0.0%	60.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Monday - 08/20/2018

Reimbursable Meal Total 1640

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000474 Cheeseburger on Bun-Cherries	EACH	1440	360	6.95	583	4	18.75	0.90	25.00
001510 Peanut Butter Combo K-5 #2	Each	200	479	5.98	697	13	22.97	0.00	46.99
001512 Tater Tots	1/2 CUP	1590	134	0.89	321	1	6.25	0.00	16.95
001049 CARROTS,FRESH,RAW	1/4 CUP	370	12	0.01	28	0	0.04	0.00	2.89
001531 APPLESAUCE, Cup	1/2 Cup	1460	52	0.02	2	0	0.06	0.00	13.79
000833 MILK - CHOCOLATE SKIM	HALF PINT	1200	110	0.00	180	18	0.00	0.00	20.00

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000834 MILK - STRAWBERRY SKIM	HALF PINT	275	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	140	100	1.50	120	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	1455	26	0.00	79	5	0.05	0.00	5.09
001083 Ketchup	TBSP	1015	20	0.00	50	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	330	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			705	7.85	1199	31	25.88	0.79	84.26
% of Calories				10.02%		17.6%	33.0%	1.0%	47.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 08/21/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000587 Chicken Drumstick*	Drumstick	1455	190	2.50	450	0	11.00	0.00	5.00
000908 Salad Entree- Elem*	Each	170	454	7.61	627	28	17.79	*0.00	52.68
990091 Potatoes, Crispy Cubes (1/3C)	1/3 cup	1545	107	1.64	222	1	4.93	0.00	14.79
001086 Broccoli w/ Cheese	#8 Scoop	1120	48	0.02	162	*2	0.59	0.00	9.33
000837 BEANS GARBANZO ,CANNED	1/4 CUP	36	60	0.23	231	0	0.92	0.00	10.15
000385 Assorted Fresh Fruit (2)	1 each	1545	67	0.06	1	12	0.21	0.00	17.37
000753 Dinner Roll, Whole Grain	Each	1430	100	0.00	180	*0	3.50	0.00	16.00

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	4 T	164	132	0.00	378	9	4.72	0.00	18.90
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	29	0.08	*0.00	30.02
000833 MILK - CHOCOLATE SKIM	HALF PINT	1215	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	290	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	115	100	1.50	120	11	2.50	0.00	11.00
001083 Ketchup	TBSP	1400	20	0.00	50	4	0.00	0.00	4.03
Weighted Daily Average			647	4.78	1203	*39	20.76	*0.00	86.43
% of Calories				6.65%		*24.1%	28.9%	*0.0%	53.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 08/22/2018

Reimbursable Meal Total 1635

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990088 Rippers, Cheesy, WG	Each	1425	340	4.00	600	2	13.00	0.00	32.00
001510 Peanut Butter Combo K-5 #2	Each	210	479	5.98	697	13	22.97	0.00	46.99
000905 Salad Garden Winter	Serving-1 cup	1540	13	0.00	11	1	0.02	0.00	2.65
000952 BROCCOLI,raw: fresh-ELEM	1/4 Cup	220	8	0.01	8	0	0.08	0.00	1.51
001051 Blushed Pears	1/2c	1535	84	0.00	10	16	0.00	*0.00	21.04
000354 Rice Krispie Treat, Mini	Each	1620	46	0.00	41	3	0.92	0.00	8.29

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	1165	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	283	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	1365	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			632	4.40	914	42	16.45	*0.00	87.68
% of Calories				6.27%		26.6%	23.4%	*0.0%	55.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Thursday - 08/23/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001521 Tacos-elem (W/G)	SERVING	1405	282	6.28	521	2	12.94	*0.00	17.82
000908 Salad Entree- Elem*	Each	220	454	7.61	627	28	17.79	*0.00	52.68
000270 CORN: canned, yellow	1/2 cup	1350	75	0.00	132	4	0.94	0.00	16.04
000879 Lettuce,Iceburg,Shredded-1/4C	1/4 Cup	1340	2	0.00	1	0	0.03	0.00	0.33
000837 BEANS GARBANZO ,CANNED	1/4 CUP	30	60	0.23	231	0	0.92	0.00	10.15
001043 Salsa	1/4 Cup	550	40	0.00	280	4	0.00	0.00	8.00
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1460	78	0.01	8	19	0.10	0.00	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	1155	110	0.00	180	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	310	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	155	100	1.50	120	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	192	132	0.00	378	9	4.72	0.00	18.90
Weighted Daily Average			581	6.63	960	46	15.30	*0.00	79.14
% of Calories				10.27%		31.7%	23.7%	*0.0%	54.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 08/24/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000434 Calzone, Pepperoni	Each	1360	340	5.00	510	5	13.00	0.00	35.00
001510 Peanut Butter Combo K-5 #2	Each	265	479	5.98	697	13	22.97	0.00	46.99
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	700	62	0.09	111	*0	0.49	0.00	12.24
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	260	46	0.45	143	3	2.63	0.00	5.04
000422 GRAPES,Fresh	1/2 C	1615	31	0.05	1	7	0.16	0.00	7.89
990096 Yogurt, Frozen Vanilla, Cup	Cup, 4OZ	1625	120	1.00	70	17	2.00	0.00	22.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1205	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	0.00	0.00	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			656	6.45	844	*49	17.61	0.00	91.96
% of Calories				8.85%		*29.9%	24.2%	0.0%	56.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Monday - 08/27/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1490	230	1.00	270	14	7.00	0.00	40.00
000904 Peanut Butter Combo	Each	135	542	6.05	850	*7	23.92	*0.00	62.52
000678 Sausage Patty	Each	1480	121	3.70	172	0	10.00	0.00	1.00
000319 Potato, Smiles	Serving of 4	1570	130	0.50	180	0	4.50	0.00	20.00
001640 Peas, Sugar Snap	1/4 C	115	7	0.01	1	1	0.03	0.00	1.28
000911 Apple Juice, Sour	Carton	1395	60	0.00	15	13	0.00	0.00	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	215	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	170	100	1.50	120	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001083 Ketchup	TBSP	1290	20	0.00	50	4	0.00	0.00	4.03
Weighted Daily Average			667	5.43	862	*45	22.13	*0.00	96.18
% of Calories				7.33%		*27.0%	29.9%	*0.0%	57.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 08/28/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001336 Chicken and Noodles-elem*	6oz Spoodle	1375	231	1.70	317	*0	7.05	*0.00	20.48
000689 Salad Entree- Elem-ham	Each	230	433	7.79	811	*15	16.83	*0.00	54.36
000611 Mashed Potatoes	1/2 cup	1485	82	0.00	379	1	1.17	0.00	17.62
000837 BEANS GARBANZO ,CANNED	1/4 CUP	55	60	0.23	231	0	0.92	0.00	10.15
001371 Strawberries & Blueberries	1/2 Cup	1565	65	0.02	5	*8	0.27	0.00	16.79
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	1365	160	0.50	220	3	5.00	0.00	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1190	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	125	100	1.50	120	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	8	123	0.01	266	29	0.08	*0.00	30.02

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	4 T	222	132	0.00	378	9	4.72	0.00	18.90
Weighted Daily Average			665	3.14	1155	*32	14.93	*0.00	100.72
% of Calories				4.25%		*19.2%	20.2%	*0.0%	60.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 08/29/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001052 Pizza, Pepperoni 4x6, #78698	EACH	1390	300	5.00	660	*N/A*	12.00	0.00	35.00
000904 Peanut Butter Combo	Each	215	542	6.05	850	*7	23.92	*0.00	62.52
990071 GREEN BEANS W HAM	1/2 cup	1255	82	0.31	1020	*0	0.68	0.00	19.20
001049 CARROTS,FRESH,RAW	1/4 CUP	380	12	0.01	28	0	0.04	0.00	2.89
000337 Assorted Fresh Fruit-2014	Servings	1540	59	0.05	3	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	1125	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	275	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	2.50	0.00	11.00
Weighted Daily Average			563	5.58	1651	*29	14.59	*0.00	87.77
% of Calories				8.92%		*20.6%	23.3%	*0.0%	62.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Planned Menu Spreadsheet

Portion Values

Thursday - 08/30/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001340 Chicken Fries, WG*	Serving	1465	250	2.50	380	*N/A*	15.00	0.00	16.00
000689 Salad Entree- Elem-ham	Each	160	433	7.79	811	*15	16.83	*0.00	54.36
001301 Potatoes, Baby Bakers	1/2 Cup	1510	100	0.00	180	0	2.00	0.00	17.00
000616 Carrot/Celery Sticks (1/4c)	Portion (1/4C)	255	53	0.03	169	*4	1.32	*0.00	8.94
000837 BEANS GARBANZO ,CANNED	1/4 CUP	45	60	0.23	231	0	0.92	0.00	10.15
000382 Applesauce,w/cinnamon	1/2 Cup	1535	65	0.00	11	12	0.00	*0.00	16.83
001393 Muffin, Choc Chip (1gr)	Each	1495	177	1.47	103	14	5.89	0.00	26.53
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	250	120	0.00	120	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	155	100	1.50	120	11	2.50	0.00	11.00
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	29	0.08	*0.00	30.02
000951 Dressing, Buttermilk, RC-Salad	4 T	183	132	0.00	378	9	4.72	0.00	18.90
000985 Barbecue Sauce- Elem*	TBSP	1100	1	0.00	8	0	0.02	0.00	0.25

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001083 Ketchup	TBSP	1095	20	0.00	50	4	0.00	0.00	4.03
Weighted Daily Average			733	4.53	973	*48	23.48	*0.00	101.81
% of Calories				5.56%		*26.2%	28.8%	*0.0%	55.6%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 08/31/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001641 Rotini w/ Meat Sauce-JTM	7.44oz	1420	310	6.00	610	8	16.00	1.00	24.00
001510 Peanut Butter Combo K-5 #2	Each	210	479	5.98	697	13	22.97	0.00	46.99
001554 Salad Garden - Elem	Serving-1 cup	1405	13	0.00	11	1	0.02	0.00	2.65
000968 Asst. Fresh Vegetables	1/4 Cup	215	10	0.02	28	1	0.09	0.00	1.96
001572 Bread, Garlic, WG (1grain)	Each	1420	80	1.00	150	0	3.50	0.00	11.00
000385 Assorted Fresh Fruit (2)	1 each	1600	67	0.06	1	12	0.21	0.00	17.37
990097 Cookie, M & M W/G 1/2 G	Cookie	1570	104	1.11	91	9	3.15	0.00	18.54
000833 MILK - CHOCOLATE SKIM	HALF PINT	1170	110	0.00	180	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	0.00	120	22	0.00	0.00	22.00
000230 MILK,1% Lowfat	HALF PINT	170	102	1.54	107	13	2.37	*N/A*	12.18

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	1450	33	0.00	94	2	1.18	0.00	4.72
Weighted Daily Average			719	8.16	1098	50	24.51	*0.87	97.47
% of Calories				10.21%		27.8%	30.7%	*1.1%	54.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

**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.