

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Menu Name: Elementary Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990072 Ham & Cheese Sandwich-Cold Bun	1 sandwich	1440	252	3.27	801	5	31.01
001087 Potatoes, Twister Fries, Skin On	1/2 cup	1570	196	4.29	393	*N/A*	24.55
001486 Salad Entree- Elem*Goldfish	Each	190	302	7.90	577	*2	22.26
000837 BEANS GARBANZO ,CANNED	1/4 CUP	24	60	0.23	231	*N/A*	10.15
000907 Vegetables, Fresh Assorted	1/4 C	215	10	0.01	8	*0	2.14
001041 Strawberries & Bananas	1/2 Cup	1515	94	0.02	3	*20	25.17
000951 Dressing, Buttermilk, RC-Salad	2 oz	164	132	0.00	378	9	18.90
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	*29	30.02
000833 MILK - CHOCOLATE SKIM	HALF PINT	1285	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	230	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001047 Assorted Condiments	each	1370	37	0.00	97	6	7.10
Weighted Daily Average			693	8.08	1450	*47	105.21
% of Calories				10.49%		*27.1%	60.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Friday - 03/02/2018

Reimbursable Meal Total 1620

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001005 Eggs Green/Ham/biscuit	Serving (#8)	1440	268	5.87	711	*3	27.33
001510 Peanut Butter Combo K-5 #2	Each	180	479	5.98	697	13	46.99
000961 Potatoes, Triangles (2)	Serving of 2	1610	269	1.00	499	0	30.93
001640 Peas, Sugar Snap	1/4 C	90	7	0.01	1	1	1.28
000422 GRAPES, Fresh	1/2 C	1610	31	0.05	1	7	7.89
000833 MILK - CHOCOLATE SKIM	HALF PINT	1145	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	265	120	0.00	120	22	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	150	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	195	33	0.00	94	2	4.72
Weighted Daily Average			701	7.06	1375	*29	87.48
% of Calories				9.06%		*16.5%	49.9%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Monday - 03/05/2018

Reimbursable Meal Total 1615

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001280 Chicken Tenders (2M/1G) Tyson	Serving (3)	1525	250	1.50	411	1	15.03
001451 Peanut Butter Combo #2	Each	100	523	5.04	552	24	71.56
001177 POTATO, AU GRATIN, CLASSIC CASS	1/2 cup	1520	120	1.63	527	*0	18.80
001386 BROCCOLI, raw: fresh	1/2 Cup	145	15	0.02	15	1	2.92
000437 PEACHES: canned, light syrup	1/2 cup	1540	71	0.00	7	17	19.01
001430 Cookie, Frosted Sugar	Each	1585	172	1.80	78	15	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	1135	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	280	120	0.00	120	22	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	150	100	1.50	120	11	11.00
000985 Barbecue Sauce- Elem*	TBSP	940	1	0.00	8	0	0.25
001083 Ketchup	TBSP	825	20	0.00	50	4	4.03

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	120	33	0.00	94	2	4.72
Weighted Daily Average			740	5.18	1198	*54	102.55
% of Calories				6.30%		*29.2%	55.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Tuesday - 03/06/2018

Reimbursable Meal Total 1615

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000681 Country Fried Steak (16530)	Serving	1355	300	4.50	310	2	19.00
000689 Salad Entree- Elem-ham	Each	220	460	9.17	932	*13	54.39
000611 Mashed Potatoes	1/2 cup	1205	80	0.00	369	1	17.12
000559 Gravy, Brown	1oz	1280	12	0.16	5	*0	0.00
990071 GREEN BEANS W HAM	1/2 cup	1135	37	0.11	607	*0	7.51
001643 APPLES, FRESH, SLICED, UNPEELE	1/2C	1325	29	0.02	1	0	7.83
001552 Breadstick, 1oz Aunt Millie's	Each	1280	81	0.00	102	2	14.25
000837 BEANS GARBANZO ,CANNED	1/4 CUP	40	60	0.23	231	*N/A*	10.15
000833 MILK - CHOCOLATE SKIM	HALF PINT	1177	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	250	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	146	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	2 oz	225	132	0.00	378	9	18.90
Weighted Daily Average			625	5.39	1393	*25	80.98
% of Calories				7.76%		*16.0%	51.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Wednesday - 03/07/2018

Reimbursable Meal Total 1620

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001639 Pizza, Pepperoni, Wild Mike's	Slice (1/10th)	1430	370	9.00	580	4	33.00
001451 Peanut Butter Combo #2	Each	195	523	5.04	552	24	71.56
000825 Caesar Salad	2/3 C Serving	930	108	1.67	231	*1	6.77
001478 CUCUMBER,RAW (1/4C)	1/4 Cup	240	40	0.02	95	3	6.29
001051 Blushed Pears	1/2c	0	92	0.00	15	*2	22.99
990075 Popsicle, Red, White, Blue	EACH	1595	40	0.00	5	7	10.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1130	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	295	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	185	100	1.50	120	11	11.00

Planned Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	215	33	0.00	94	2	4.72
Weighted Daily Average			611	9.69	904	*32	72.25
% of Calories				14.27%		*20.9%	47.3%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Thursday - 03/08/2018

Reimbursable Meal Total 1635

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001570 Chicken Pattie, Bkft WG Goldki	2 Each	1535	160	2.00	390	0	8.00
001571 Waffles, Mini Maple,IW EGGO, W	Pkg	1520	200	1.50	220	10	35.00
000689 Salad Entree- Elem-ham	Each	100	460	9.17	932	*13	54.39
000992 Juice, Wango Mango	Carton	1415	50	0.00	20	*N/A*	13.00
000837 BEANS GARBANZO ,CANNED	1/4 CUP	30	60	0.23	231	*N/A*	10.15
000616 Carrot/Celery Sticks (1/4c)	Portion (1/4C)	130	53	0.03	169	*4	8.94
000085 ORANGES WEDGES	EACH	1550	45	0.01	0	9	11.28
001006 SYRUP,PANCAKE	1oz.	1400	66	0.00	23	6	17.43
000833 MILK - CHOCOLATE SKIM	HALF PINT	1105	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	305	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	190	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001035 Applesauce French Dressing	2 oz	4	123	0.01	266	*29	30.02
000951 Dressing, Buttermilk, RC-Salad	2 oz	95	132	0.00	378	9	18.90
000985 Barbecue Sauce- Elem*	TBSP	1020	1	0.00	8	0	0.25
001083 Ketchup	TBSP	715	20	0.00	50	4	4.03
Weighted Daily Average			638	4.03	890	*44	103.12
% of Calories				5.68%		*27.6%	64.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Friday - 03/09/2018

Reimbursable Meal Total 1595

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001022 Mini Corn Dogs	Serving (6)	1460	267	1.90	365	12	33.00
001510 Peanut Butter Combo K-5 #2	Each	140	479	5.98	697	13	46.99
001161 Potato Wedges Seas. #C-27 LW	1/2 C	1555	167	3.21	270	0	23.13
001640 Peas, Sugar Snap	1/4 C	225	7	0.01	1	1	1.28
000837 BEANS GARBANZO ,CANNED	1/4 CUP	36	60	0.23	231	*N/A*	10.15
001371 Strawberries & Blueberries	1/2 Cup	1355	65	0.02	5	*0	16.79
000833 MILK - CHOCOLATE SKIM	HALF PINT	1140	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	245	120	0.00	120	22	22.00

Planned Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	185	100	1.50	120	11	11.00
001035 Applesauce French Dressing	2 oz	4	123	0.01	266	*29	30.02
000951 Dressing, Buttermilk, RC-Salad	2 oz	206	132	0.00	378	9	18.90
001082 Ketchup/Mustard	each	1300	26	0.00	79	5	5.09
001083 Ketchup	TBSP	1300	20	0.00	50	4	4.03
Weighted Daily Average			670	5.59	984	*38	100.46
% of Calories				7.51%		*22.7%	60.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Monday - 03/12/2018

Reimbursable Meal Total 1640

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000474 Cheeseburger on Bun-Cherries	EACH	1460	360	6.95	583	4	25.00
000904 Peanut Butter Combo	Each	180	482	6.52	709	11	52.55
001512 Tater Tots	1/2 CUP	1600	134	0.89	321	1	16.95
001049 CARROTS,FRESH,RAW	1/4 cup Bag	395	15	0.00	35	3	4.00
001163 Applesauce, Rosy	1/2 cup	1440	65	0.00	24	12	16.68
000833 MILK - CHOCOLATE SKIM	HALF PINT	1235	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	245	120	0.00	120	22	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	1.50	120	11	11.00
001082 Ketchup/Mustard	each	1455	26	0.00	79	5	5.09
001083 Ketchup	TBSP	1015	20	0.00	50	4	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	330	33	0.00	94	2	4.72
Weighted Daily Average			716	7.90	1223	42	87.38
% of Calories				9.93%		23.5%	48.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Tuesday - 03/13/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000587 Chicken Drumstick*	Drumstick	1455	190	2.50	450	0	5.00
000908 Salad Entree- Elem*	Each	170	477	8.90	601	*2	52.25
001219 Potatoes, Crispy Cubes	1/2 cup	1535	134	2.05	277	1	18.49
001086 Broccoli w/ Cheese	#8 Scoop	1135	48	0.02	162	*2	9.33
000837 BEANS GARBANZO ,CANNED	1/4 CUP	50	60	0.23	231	*N/A*	10.15
000385 Assorted Fresh Fruit (2)	1 each	1545	67	0.06	1	12	17.37
001363 Biscuit, W/G (Bakery Chef)	Each	1360	207	5.00	360	*3	25.00
000951 Dressing, Buttermilk, RC-Salad	2 oz	164	132	0.00	378	9	18.90

Planned Menu Spreadsheet

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001035 Applesauce French Dressing	2 oz	6	123	0.01	266	*29	30.02
000833 MILK - CHOCOLATE SKIM	HALF PINT	1275	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	235	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	1.50	120	11	11.00
001083 Ketchup	TBSP	1325	20	0.00	50	4	4.03
000809 Jelly, pc	each	870	35	0.00	0	7	8.89
Weighted Daily Average			779	9.50	1399	*43	101.52
% of Calories				10.98%		*22.1%	52.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Wednesday - 03/14/2018

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001292 Pizza, French Bread Cheese, wg	Each	1455	290	4.50	560	4	33.00
000904 Peanut Butter Combo	Each	205	482	6.52	709	11	52.55
000905 Salad Garden Winter	Serving-1 cup	1580	13	0.00	11	1	2.65
000952 BROCCOLI,raw: fresh-ELEM	1/4 Cup	265	8	0.01	8	0	1.51
001051 Blushed Pears	1/2c	1590	92	0.00	15	*2	22.99
000354 Rice Krispie Treat, Mini	Each	1670	46	0.00	41	3	8.29

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	1230	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	273	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	120	11	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	1530	33	0.00	94	2	4.72
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	625	66	0.00	189	5	9.45
Weighted Daily Average			624	4.86	963	*32	95.31
% of Calories				7.01%		*20.5%	61.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Thursday - 03/15/2018

Reimbursable Meal Total 1635

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000502 Quesadilla, Chicken*	Serving -2 each	1470	259	5.91	643	2	20.70
000908 Salad Entree- Elem*	Each	165	477	8.90	601	*2	52.25
000271 CORN: frozen, yellow	1/2 cup	1445	73	0.70	14	2	14.41
000906 Jicama Sticks-1/4C	1/4 C	60	14	0.00	2	*N/A*	3.36
000837 BEANS GARBANZO ,CANNED	1/4 CUP	40	60	0.23	231	*N/A*	10.15
001043 Salsa	1/4 Cup	575	40	0.00	280	4	8.00
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1550	78	0.01	8	19	20.39

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Portion Values

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000833 MILK - CHOCOLATE SKIM	HALF PINT	1235	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	125	100	1.50	120	11	11.00
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	*29	30.02
000951 Dressing, Buttermilk, RC-Salad	2 oz	90	132	0.00	378	9	18.90
Weighted Daily Average			553	6.97	950	*42	79.85
% of Calories				11.34%		*30.4%	57.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Friday - 03/16/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000434 Calzone, Pepperoni	Each	1360	340	5.00	510	5	35.00
001510 Peanut Butter Combo K-5 #2	Each	265	479	5.98	697	13	46.99
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	700	62	0.09	111	*N/A*	12.24
001356 Asst. Fresh Vegetables (1/4)	1/4 Cup	260	46	0.45	143	*1	5.04
000422 GRAPES,Fresh	1/2 C	1615	31	0.05	1	7	7.89
990078 Graham Cracker, Despicable Me	EACH	1360	140	1.50	110	8	22.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1205	110	0.00	180	18	20.00

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000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	11.00
Weighted Daily Average			653	6.70	866	*38	88.38
% of Calories				9.23%		*23.3%	54.1%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Monday - 03/19/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	1470	230	1.00	270	14	40.00
000904 Peanut Butter Combo	Each	135	482	6.52	709	11	52.55
000678 Sausage Patty	Each	1475	121	3.70	172	0	1.00
000319 Potato, Smiles	Serving of 4	1570	130	0.50	180	0	20.00
001640 Peas, Sugar Snap	1/4 C	215	7	0.01	1	1	1.28
000062 Peaches, diced	1/2 CUP	1505	70	0.00	10	13	17.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	215	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	170	100	1.50	120	11	11.00

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001083 Ketchup	TBSP	1410	20	0.00	50	4	4.03
Weighted Daily Average			683	5.51	858	47	100.22
% of Calories				7.26%		27.5%	58.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Tuesday - 03/20/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001336 Chicken and Noodles-elem*	6oz Spoodle	1375	231	1.70	317	*0	20.48
000689 Salad Entree- Elem-ham	Each	230	460	9.17	932	*13	54.39
000611 Mashed Potatoes	1/2 cup	1485	80	0.00	369	1	17.12
000837 BEANS GARBANZO ,CANNED	1/4 CUP	55	60	0.23	231	*N/A*	10.15
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1515	78	0.01	8	19	20.39
000996 Roll, Wheat Dinner-14 (Rich's)	1 each	1365	160	0.50	220	4	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	1190	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	125	100	1.50	120	11	11.00
001035 Applesauce French Dressing	2 oz	8	123	0.01	266	*29	30.02

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	2 oz	222	132	0.00	378	9	18.90
Weighted Daily Average			676	3.33	1165	*43	103.13
% of Calories				4.43%		*25.4%	61.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Wednesday - 03/21/2018

Reimbursable Meal Total 1605

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001052 Pizza, Pepperoni 4x6, #78698	EACH	1390	300	5.00	660	*N/A*	35.00
000904 Peanut Butter Combo	Each	215	482	6.52	709	11	52.55
990071 GREEN BEANS W HAM	1/2 cup	1255	37	0.11	607	*0	7.51
001049 CARROTS,FRESH,RAW	1/4 cup Bag	380	15	0.00	35	3	4.00
000337 Assorted Fresh Fruit-2014	Servings	1540	59	0.05	3	10	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	1125	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	275	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	346	33	0.00	94	2	4.72
Weighted Daily Average			528	5.49	1331	*30	78.57
% of Calories				9.36%		*22.7%	59.5%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Thursday - 03/22/2018

Reimbursable Meal Total 1625

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001340 Chicken Fries, WG*	Serving	1465	250	2.50	380	*N/A*	16.00
000689 Salad Entree- Elem-ham	Each	160	460	9.17	932	*13	54.39
001301 Potatoes, Baby Bakers	1/2 Cup	1490	100	0.00	180	0	17.00
000616 Carrot/Celery Sticks (1/4c)	Portion (1/4C)	560	53	0.03	169	*4	8.94
000837 BEANS GARBANZO ,CANNED	1/4 CUP	45	60	0.23	231	*N/A*	10.15
000382 Applesauce,w/cinnamon	1/2 Cup	1535	65	0.00	11	12	16.83
001393 Muffin, Choc Chip (1gr)	Each	0	199	1.99	129	17	31.83
000833 MILK - CHOCOLATE SKIM	HALF PINT	1195	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	255	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	155	100	1.50	120	11	11.00
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	*29	30.02

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	2 oz	256	132	0.00	378	9	18.90
001082 Ketchup/Mustard	each	1275	26	0.00	79	5	5.09
001083 Ketchup	TBSP	1375	20	0.00	50	4	4.03
Weighted Daily Average			611	3.32	1003	*41	84.31
% of Calories				4.89%		*26.8%	55.2%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Friday - 03/23/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001046 Turkey & Cheese Sub-Elem	1 each	1345	264	1.25	738	3	27.00
001510 Peanut Butter Combo K-5 #2	Each	285	479	5.98	697	13	46.99
001646 Crackers, Goldfish Colors, WG	PKG	1345	100	0.50	170	0	14.00
000968 Asst. Fresh Vegetables	1/4 Cup	200	10	0.02	28	*0	1.96
000992 Juice, Wango Mango	Carton	1350	50	0.00	20	*N/A*	13.00
000385 Assorted Fresh Fruit (2)	1 each	1600	67	0.06	1	12	17.37
000601 Ice Cream Sundae	1 each	1630	112	0.61	78	16	22.13
000833 MILK - CHOCOLATE SKIM	HALF PINT	1170	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	270	120	0.00	120	22	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	170	100	1.50	120	11	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	160	33	0.00	94	2	4.72
001150 Dressing, Buttermilk, Red-Cal	TBSP	1450	33	0.00	94	2	4.72
000475 Assorted Condiments, PC	each	1340	10	0.00	82	1	2.18
Weighted Daily Average			755	3.32	1293	*54	117.84
% of Calories				3.96%		*28.6%	62.4%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Monday - 03/26/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001077 Hot Dog on Bun	SANDWICH	1370	283	5.00	776	*N/A*	21.00
001510 Peanut Butter Combo K-5 #2	Each	260	479	5.98	697	13	46.99
000787 Baked Beans-NEW	1/2 CUP	1035	129	0.09	154	*0	29.11
001049 CARROTS,FRESH,RAW	1/4 cup Bag	570	15	0.00	35	3	4.00
000437 PEACHES: canned,light syrup	1/2 cup	1500	71	0.00	7	17	19.01
001082 Ketchup/Mustard	each	1385	26	0.00	79	5	5.09
000833 MILK - CHOCOLATE SKIM	HALF PINT	1290	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	220	120	0.00	120	22	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	115	100	1.50	120	11	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	455	33	0.00	94	2	4.72
Weighted Daily Average			608	5.33	1140	*42	87.74
% of Calories				7.89%		*27.6%	57.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Tuesday - 03/27/2018

Reimbursable Meal Total 1670

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001496 Chicken Smackers, Dark 110458	Serving of 10	1560	289	2.99	488	0	16.94
000908 Salad Entree- Elem*	Each	110	477	8.90	601	*2	52.25
001487 Macaroni & Cheese (MS)	1/3 Cup	1415	127	1.78	315	*2	16.15
000258 BROCCOLI: frozen, boiled	1/2 Cup	1125	60	0.02	401	*N/A*	14.51
990011 Peppers, Red & Green Strips	1/4 Cup	155	6	0.01	1	1	1.23
001373 Pears w/ Cherries	1/2 cup	1535	81	0.00	5	*1	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	1190	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	315	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	160	100	1.50	120	11	11.00
001035 Applesauce French Dressing	2 oz	3	123	0.01	266	*29	30.02

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000951 Dressing, Buttermilk, RC-Salad	2 oz	108	132	0.00	378	9	18.90
001150 Dressing, Buttermilk, Red-Cal	TBSP	110	33	0.00	94	2	4.72
001083 Ketchup	TBSP	930	20	0.00	50	4	4.03
000985 Barbecue Sauce- Elem*	TBSP	620	1	0.00	8	0	0.25
Weighted Daily Average			658	5.04	1262	*24	85.01
% of Calories				6.89%		*14.6%	51.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Wednesday - 03/28/2018

Reimbursable Meal Total 1655

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990076 DEEP DISH 5" CHEESE PIZZA LOW SODIUM CN	EACH	1450	300	2.50	420	13	38.00
001510 Peanut Butter Combo K-5 #2	Each	205	479	5.98	697	13	46.99
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	1090	62	0.09	111	*N/A*	12.24
000979 TOMATOES, CHERRY (1/4)	1/4 Cup	225	7	0.01	2	1	1.45
000385 Assorted Fresh Fruit (2)	1 each	1600	67	0.06	1	12	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	1175	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	305	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000318 Carnival Cookie, 1/4 Grain	Cookie	1610	100	1.00	80	8	17.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	615	33	0.00	94	2	4.72
Weighted Daily Average			648	4.16	802	*51	101.71
% of Calories				5.78%		*31.5%	62.8%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Thursday - 03/29/2018

Reimbursable Meal Total 1630

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
990072 Ham & Cheese Sandwich-Cold Bun	1 sandwich	1440	252	3.27	801	5	31.01
001087 Potatoes, Twister Fries, Skin On	1/2 cup	1570	196	4.29	393	*N/A*	24.55
001486 Salad Entree- Elem*Goldfish	Each	190	302	7.90	577	*2	22.26
000837 BEANS GARBANZO , CANNED	1/4 CUP	24	60	0.23	231	*N/A*	10.15
000907 Vegetables, Fresh Assorted	1/4 C	215	10	0.01	8	*0	2.14
001041 Strawberries & Bananas	1/2 Cup	1515	94	0.02	3	*20	25.17
000951 Dressing, Buttermilk, RC-Salad	2 oz	164	132	0.00	378	9	18.90
001035 Applesauce French Dressing	2 oz	5	123	0.01	266	*29	30.02
000833 MILK - CHOCOLATE SKIM	HALF PINT	1285	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	230	120	0.00	120	22	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	135	100	1.50	120	11	11.00
001047 Assorted Condiments	each	1370	37	0.00	97	6	7.10
Weighted Daily Average			693	8.08	1450	*47	105.21
% of Calories				10.49%		*27.1%	60.7%
Weekly Nutrient Guideline			550 - 650	<10	1230		

Friday - 03/30/2018

Reimbursable Meal Total 1585

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
000839 Nachos with Ground Beef 2012*	Serving	1505	379	3.26	815	5	45.40
001510 Peanut Butter Combo K-5 #2	Each	80	479	5.98	697	13	46.99
000271 CORN: frozen, yellow	1/2 cup	1450	73	0.70	14	2	14.41
001475 CUCUMBER,RAW (1/4C)	1/4 Cup	235	4	0.00	1	0	0.64
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	1425	78	0.01	8	19	20.39
000833 MILK - CHOCOLATE SKIM	HALF PINT	1145	110	0.00	180	18	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	265	120	0.00	120	22	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	120	11	11.00

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	195	33	0.00	94	2	4.72
Weighted Daily Average			635	4.20	1003	42	96.85
% of Calories				5.95%		26.5%	61.0%
Weekly Nutrient Guideline			550 - 650	<10	1230		

**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.