

# Planned Menu Spreadsheet

## Portion Values

Mar 5, 2018 thru Mar 9, 2018

**Menu Name:** LHS Breakfast  
**Site:** 7 - Logansport High School

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 03/05/2018

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001416 Egg/Sausage/Chs Muffin	Each	70	270	3.37	639	26.16
000974 Cereal (Spring 13)*	Bowl	65	113	0.15	162	23.77
000795 Pop Tart, Brown Sugar	Each	65	180	1.00	190	37.00
000346 Yogurt-Trix Raspberry (4oz)	Each	35	100	0.50	50	20.00
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	35	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	70	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	1.50	120	11.00
000781 Margarine Cup	Each	50	20	0.00	30	0.00
Weighted Daily Average			491	2.76	673	82.92
% of Calories				5.06%		67.6%
Weekly Nutrient Guideline			450 - 600	<10	640	

### Tuesday - 03/06/2018

**Reimbursable Meal Total 125**

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## Portion Values

Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000177 Pancakes, Mini Maple, IW	Pkg	65	230	1.00	270	40.00
000868 Yogurt Parfait (Entree) K-5	Serving	15	237	1.35	124	43.68
000974 Cereal (Spring 13)*	Bowl	35	113	0.15	162	23.77
000128 Graham Cracker Sticks, Scooby	Pkg	65	120	1.00	115	21.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001006 SYRUP,PANCAKE	1oz.	65	66	0.00	23	17.43
Weighted Daily Average			456	1.49	425	88.99
% of Calories				2.94%		78.1%
Weekly Nutrient Guideline			450 - 600	<10	640	

**Wednesday - 03/07/2018**

**Reimbursable Meal Total 130**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000132 Omelet w/Colby Cheese, Sunyfr	Each	80	110	3.00	210	1.00

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## Portion Values

Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000974 Cereal (Spring 13)*	Bowl	50	113	0.15	162	23.77
001010 Toast w/ Marg & Cinnamon/Sugar	1 slice	80	116	1.62	196	17.07
000097 Raisins	Box	10	130	0.00	5	34.38
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000068 BANANAS	EACH	60	90	0.11	1	23.07
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
Weighted Daily Average			400	3.24	467	65.49
% of Calories				7.29%		65.5%
Weekly Nutrient Guideline			450 - 600	<10	640	

**Thursday - 03/08/2018**

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000970 Chicken Bkft. Biscuit	Each	70	250	5.00	515	29.00
000974 Cereal (Spring 13)*	Bowl	65	113	0.15	162	23.77
001484 Oatmeal Bar, Chocolate Chip, 1	Each	65	150	1.00	120	23.00
000868 Yogurt Parfait (Entree) K-5	Serving	20	237	1.35	124	43.68

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## Portion Values

Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000338 Assorted Juice	1 each	125	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	45	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
Weighted Daily Average			471	3.64	570	80.05
% of Calories				6.96%		68.0%
Weekly Nutrient Guideline			450 - 600	<10	640	

**Friday - 03/09/2018**

**Reimbursable Meal Total 135**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000768 Breakfast Pizza	Piece	70	210	2.50	417	24.67
001612 Donut Holes-Second	6- Each	65	312	7.00	300	38.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	25	66	0.01	5	17.31
000337 Assorted Fresh Fruit-2014	Servings	35	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00

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## Portion Values

Mar 5, 2018 thru Mar 9, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
Weighted Daily Average			442	4.96	511	67.92
% of Calories				10.10%		61.5%
Weekly Nutrient Guideline			450 - 600	<10	640	

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
Weighted Averages	452	3	529	77.07
% of Calories		6.41%		68.2%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	452		450-600	100%				
Saturated Fat	3.22 g	6.41%	<10.000%					
Sodium	529 mg		640.000	83%				
Carbohydrate	77.07 g	68.2%						

\*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.**