

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

Menu Name: Logansport High School Lunch

Include Cost: No

Site: All Sites

Report Style: Detailed

Wednesday - 08/08/2018

Reimbursable Meal Total 575

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990092 Pulled Pork Mac & Cheese	Serving	350	559	9.10	22	24.00	0.50	60.15
001096 Tenderloin on Bun-HS*	1 Each	225	410	4.50	4	19.00	0.00	40.00
001124 Potatoes, Waffle Fries LM D23*	1/2 cup	575	213	2.67	0	10.67	0.00	25.33
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	25	62	0.09	*0	0.49	0.00	12.24
000888 TOMATOES, CHERRY	1/2 CUP	60	13	0.02	2	0.15	0.00	2.90
001648 Peas, Sugar Snap-HS	1/2 C	30	13	0.01	1	0.06	0.00	2.38
000337 Assorted Fresh Fruit-2014	Servings	90	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	360	60	0.00	13	0.00	0.00	14.05
001051 Blushed Pears	1/2c	190	84	0.00	16	0.00	*0.00	21.04
001320 Cheez-It W/G Crackers, .75oz	Each	200	100	1.00	0	3.50	0.00	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	450	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	65	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	140	66	0.00	5	2.36	0.00	9.45

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001047 Assorted Condiments	each	500	37	0.00	6	0.25	0.00	7.10
001083 Ketchup	TBSP	500	20	0.00	4	0.00	0.00	4.03
000892 Salad Entree-HS	Each	45	20	0.00	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	45	124	1.21	*2	5.13	*0.00	13.34
990025 DICED HAM *RESIZED*	1.25 OZ	20	37	1.00	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	45	55	0.10	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	20	45	1.00	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	45	82	3.64	0	5.59	*0.00	0.66
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	0.06	0.00	2.38
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0.46	0	1.85	0.00	20.31
000888 TOMATOES, CHERRY	1/2 CUP	0	13	0.02	2	0.15	0.00	2.90
001640 Peas, Sugar Snap	1/4 C	0	7	0.01	1	0.03	0.00	1.28
001377 Bread Slice, Wild Berry (2 WG)	Slice	35	270	2.00	24	9.00	0.00	43.00
001051 Blushed Pears	1/2c	30	84	0.00	16	0.00	*0.00	21.04
000338 Assorted Juice	1 each	40	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	40	59	0.05	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	22	0.00	0.00	22.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	1.50	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	3.16	*2	19.90	*0.00	2.98
001601 Grab & Go Cheese Celery/PB	Each	10	632	6.16	*17	40.30	*0.00	55.43
001584 Grab & Go Co-Jack Stick/Yogurt	Each	10	634	9.04	*30	33.36	*0.00	66.38
001637 Grab & Go String Cheese/PBJ	Each	10	681	7.60	*27	36.42	*0.00	69.48
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	150	440	11.07	*5	19.50	0.00	45.54
000200 Cheesy Chicken Enchiladas	Each	60	272	5.72	3	10.64	0.00	23.61
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
000888 TOMATOES, CHERRY	1/2 CUP	10	13	0.02	2	0.15	0.00	2.90
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	0.06	0.00	2.38
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	*0	3.68	0.00	16.27
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	90	60	0.00	13	0.00	0.00	14.05
001051 Blushed Pears	1/2c	165	84	0.00	16	0.00	*0.00	21.04
001320 Cheez-It W/G Crackers, .75oz	Each	210	100	1.00	0	3.50	0.00	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	135	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	25	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1412	15.89	*83	49.42	*0.30	186.76
% of Calories				10.13%	*23.5%	31.5%	*0.2%	52.9%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Thursday - 08/09/2018

Reimbursable Meal Total 425

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	405	356	1.00	4	10.00	0.00	42.00
000571 Country Fried Steak Sandwich	Sandwich	20	450	4.50	5	21.00	0.00	48.00
000840 Potato, Sweet Fries	1/2 CUP	215	97	0.00	7	3.01	*0.00	16.86
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	140	7	0.01	1	0.08	0.00	1.34
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.17	*16	3.23	*0.00	24.36
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	1	0.00	0.00	6.72
000338 Assorted Juice	1 each	400	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	80	66	0.01	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	0	67	0.06	12	0.21	0.00	17.37
001226 Ice Cream Sandwich	1 each	400	82	1.03	*N/A*	2.06	0.00	17.49

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001047 Assorted Condiments	each	400	37	0.00	6	0.25	0.00	7.10
000833 MILK - CHOCOLATE SKIM	HALF PINT	325	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	60	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	25	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	65	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	25	336	5.72	4	15.72	0.00	30.15
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	3.08	1	7.50	*0.00	1.60
001637 Grab & Go String Cheese/PBJ	Each	15	681	7.60	*27	36.42	*0.00	69.48
001584 Grab & Go Co-Jack Stick/Yogurt	Each	10	634	9.04	*30	33.36	*0.00	66.38
001601 Grab & Go Cheese Celery/PB	Each	5	632	6.16	*17	40.30	*0.00	55.43
001306 Assorted Condiments-BB	Each	115	179	2.74	*1	16.70	0.00	7.25
001305 Sandwich Fixings	Serving	115	10	0.05	1	0.38	0.00	1.57
001308 Jicama Sticks-1/2 C	1/2 Cup	5	28	0.00	1	0.00	0.00	6.72
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.17	*16	3.23	*0.00	24.36
000338 Assorted Juice	1 each	125	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	12	0.21	0.00	17.37

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001353 Assorted Canned Fruit	1/2 Cup	45	66	0.01	*9	0.07	0.00	17.31
001226 Ice Cream Sandwich	1 each	140	82	1.03	*N/A*	2.06	0.00	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	5	33	0.00	2	1.18	0.00	4.72
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	90	407	10.12	*5	16.43	0.00	45.54
000889 Baked Rotini - commodity*	1/24th	100	279	3.72	5	7.43	0.00	35.50
000887 Salad Garden-HS	Serving-1 cup	30	10	0.00	1	0.00	0.00	1.99
000983 BROCCOLI SALAD-Rev	1/2 CUP	5	126	0.17	*16	3.23	*0.00	24.36
001308 Jicama Sticks-1/2 C	1/2 Cup	5	28	0.00	1	0.00	0.00	6.72
000338 Assorted Juice	1 each	150	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	40	66	0.01	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	55	67	0.06	12	0.21	0.00	17.37
001200 Bread, Garlic (Pasta Line)	1 Each	100	106	1.22	*0	3.68	0.00	16.27
001226 Ice Cream Sandwich	1 each	170	82	1.03	*N/A*	2.06	0.00	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	120	110	0.00	18	0.00	0.00	20.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	150	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	5	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1344	9.53	*84	35.25	*0.00	199.55
% of Calories				6.38%	*25.0%	23.6%	*0.0%	59.4%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Friday - 08/10/2018

Reimbursable Meal Total 495

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000860 Nachos with Ground Beef 2012-H	EACH	485	494	8.35	*2	23.43	0.00	46.75
000947 Fish Filet-(2.5M/2.5G)*	Each	15	398	3.27	3	14.28	0.00	41.01
000271 CORN: frozen, yellow	1/2 cup	285	73	0.70	2	1.87	0.00	14.41
001043 Salsa	1/4 Cup	95	40	0.00	4	0.00	0.00	8.00
001065 Asst. Fresh Vegetables(1/2)	1/2 c	80	30	0.08	*1	0.33	*0.00	5.83
000792 Black Bean Salad	2/3 CUP	15	203	0.72	*9	4.52	*0.02	33.30
000008 REFRIED BEANS: canned	1/2 Cup	75	128	1.53	1	3.62	*0.02	16.90
001611 Strawberries & Blueberries (2)	1/2 Cup	250	107	0.02	*23	0.29	0.00	28.27

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	450	60	0.00	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	360	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	11	2.50	0.00	11.00
001170 Sour Cream, Lite	2 Tbsp	160	30	1.00	2	2.00	0.00	3.00
001198 PEPPERS,JALEPEN0,CN D,DRND	serving	420	3	0.01	*N/A*	0.07	*N/A*	0.53
001186 Tartar Sauce	pkt.	10	42	0.60	2	3.60	0.03	3.00
001083 Ketchup	TBSP	10	20	0.00	4	0.00	0.00	4.03
000178 Cheeseburger on Bun(second)	1 each	0	318	5.27	3	14.28	0.50	29.01
001604 Ham Salad on Bun	Sandwich	10	264	2.08	8	7.83	0.00	38.21
001378 Salad Entree-HS (no beans)*	Each	30	309	2.06	28	9.22	0.00	51.22
000620 Chips, Harvest Cheddar 1.25GR	Bag	100	124	0.89	0	5.32	0.00	16.83
001065 Asst. Fresh Vegetables(1/2)	1/2 c	25	30	0.08	*1	0.33	*0.00	5.83
000825 Caesar Salad	2/3 C Serving	20	108	1.67	*1	7.90	*0.00	6.77
000335 Coleslaw	1/2 cup	10	160	0.00	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	175	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	115	157	0.72	24	1.22	*0.00	36.46

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000959 Assorted Canned Fruit	1/2 Cup	70	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	90	26	0.00	5	0.05	0.00	5.09
001358 Salad Meat-MS-winter	Pick 2	30	124	3.08	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	30	186	3.16	*2	19.90	*0.00	2.98
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	25	66	0.00	5	2.36	0.00	9.45
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	55	440	11.07	*5	19.50	0.00	45.54
001271 Spaghetti (Pasta Line)	1 serving	60	322	1.41	*10	3.90	*0.00	55.52
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	25	17	0.01	2	0.08	0.00	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	0.08	*1	0.33	*0.00	5.83
000792 Black Bean Salad	2/3 CUP	5	203	0.72	*9	4.52	*0.02	33.30
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	*0	3.68	0.00	16.27
001611 Strawberries & Blueberries (2)	1/2 Cup	70	107	0.02	*23	0.29	0.00	28.27
000338 Assorted Juice	1 each	110	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	40	67	0.06	12	0.21	0.00	17.37
000150 Chip, Tortilla Baked Scoop	Each	50	110	0.00	0	2.50	0.00	19.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	55	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	25	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1200	12.19	*84	35.29	*0.00	175.81
% of Calories				9.14%	*28.0%	26.5%	*0.0%	58.6%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Monday - 08/13/2018

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001453 Chicken Bacon Club-MS	1 Sandwich	420	312	0.90	4	11.78	0.00	26.89
001346 BBQ Rib Sandwich-HS*	1 Each	90	360	4.50	12	14.01	0.00	41.09
990029 POTATO, AU GRATIN,CLASSIC CASS	2/3 cup	250	58	1.42	1	3.38	0.00	6.24
001053 CARROTS:frozen, boiled	1/2 cup	160	107	1.77	*9	4.33	*0.00	17.20
000034 LETTUCE &TOMATO:1/4 C &2 slice	1/4 C,2 slc	225	7	0.01	1	0.08	0.00	1.34
001442 Cucumber & Tomatoes	1/2 Cup	45	82	0.03	7	2.51	0.00	13.00
000385 Assorted Fresh Fruit (2)	1 each	150	67	0.06	12	0.21	0.00	17.37

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000338 Assorted Juice	1 each	370	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	95	66	0.01	*9	0.07	0.00	17.31
000354 Rice Krispie Treat, Mini	Each	425	46	0.00	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	380	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	70	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	50	100	1.50	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	33	0.00	2	1.18	0.00	4.72
001047 Assorted Condiments	each	510	37	0.00	6	0.25	0.00	7.10
000927 Bosco Breadsticks-HS*	Serving (2ea)	85	482	8.64	7	18.25	0.00	49.54
001202 Chicken Salad	1 Sandwich	5	305	1.27	*2	7.81	0.00	38.64
001378 Salad Entree-HS (no beans)*	Each	20	309	2.06	28	9.22	0.00	51.22
000335 Coleslaw	1/2 cup	10	160	0.00	15	10.00	0.00	17.00
000256 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	1	0.16	0.00	2.92
001442 Cucumber & Tomatoes	1/2 Cup	25	82	0.03	7	2.51	0.00	13.00
000338 Assorted Juice	1 each	110	60	0.00	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	60	66	0.01	*9	0.07	0.00	17.31
000385 Assorted Fresh Fruit (2)	1 each	45	67	0.06	12	0.21	0.00	17.37
000354 Rice Krispie Treat, Mini	Each	100	46	0.00	3	0.92	0.00	8.29

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	5	2.36	0.00	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	20	186	3.16	*2	19.90	*0.00	2.98
001358 Salad Meat-MS-winter	Pick 2	20	124	3.08	1	7.50	*0.00	1.60
001563 Pizza, Big Daddy Buffal #78639	Slice (1/8th)	125	390	7.00	8	19.00	0.00	35.00
000067 Rotini w/ Sauce-commodity	SERVING	75	351	3.73	*9	9.34	*0.00	40.94
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	50	17	0.01	2	0.08	0.00	3.47
000335 Coleslaw	1/2 cup	20	160	0.00	15	10.00	0.00	17.00
000256 BROCCOLI,raw: fresh	1/2 Cup	25	15	0.02	1	0.16	0.00	2.92
001442 Cucumber & Tomatoes	1/2 Cup	45	82	0.03	7	2.51	0.00	13.00
001200 Bread, Garlic (Pasta Line)	1 Each	75	106	1.22	*0	3.68	0.00	16.27
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	160	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	12	0.21	0.00	17.37
000354 Rice Krispie Treat, Mini	Each	200	46	0.00	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	45	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1127	7.41	*83	31.01	*0.00	157.29
% of Calories				5.92%	*29.5%	24.8%	*0.0%	55.8%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Tuesday - 08/14/2018

Reimbursable Meal Total 520

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001057 Ham & Cheese Sandwich,Grilled	1 sandwich	240	212	3.32	*3	7.23	*0.00	27.14
000571 Country Fried Steak Sandwich	Sandwich	280	450	4.50	5	21.00	0.00	48.00
001161 Potato Wedges Seas. #C-27 LW	1/2 C	500	175	3.37	0	8.10	0.00	24.29
000905 Salad Garden Winter	Serving-1 cup	150	13	0.00	1	0.02	0.00	2.65
001596 Carrot/Celery Sticks (1/2c)	Portion (1/2C)	90	30	0.05	*2	0.20	*0.00	6.33
900007 HUMMUS	1/2 CUP	10	195	1.59	*0	9.35	*0.00	21.03
000338 Assorted Juice	1 each	465	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	240	67	0.06	12	0.21	0.00	17.37

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000305 Peaches, Diced (Indiv)	Each	95	64	0.00	13	0.00	0.00	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	450	104	0.01	8	0.51	*0.00	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	40	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	115	66	0.00	5	2.36	0.00	9.45
001083 Ketchup	TBSP	500	20	0.00	4	0.00	0.00	4.03
001047 Assorted Condiments	each	450	37	0.00	6	0.25	0.00	7.10
000910 Ham & Cheese Sand (amer-elem)	1/2 Sandwich	20	138	1.68	*1	4.22	0.00	18.59
001304 Turkey & Cheese Sub-BB	1 each	45	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	25	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	90	10	0.05	1	0.38	0.00	1.57
001378 Salad Entree-HS (no beans)*	Each	25	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	25	124	3.08	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	10	607	6.66	*22	32.38	*0.00	60.01
001306 Assorted Condiments-BB	Each	100	179	2.74	*1	16.70	0.00	7.25
001064 CARROT STICKS	1/2 CUP	20	36	0.03	4	0.21	0.00	8.42

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000925 CELERY STICKS	1/2 Cup	10	11	0.02	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	75	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	125	60	0.00	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	30	64	0.00	13	0.00	0.00	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	80	104	0.01	8	0.51	*0.00	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001404 Pizza 5" Lunch aRound Pepp 2M/	Each	110	330	6.00	9	13.00	0.00	38.00
000779 Chicken Alfredo-Pasta line	1 cup	100	585	16.32	*6	30.84	*0.00	48.07
001200 Bread, Garlic (Pasta Line)	1 Each	100	106	1.22	*0	3.68	0.00	16.27
000887 Salad Garden-HS	Serving-1 cup	35	10	0.00	1	0.00	0.00	1.99
001064 CARROT STICKS	1/2 CUP	20	36	0.03	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	15	11	0.02	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	165	60	0.00	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	40	64	0.00	13	0.00	0.00	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	110	104	0.01	8	0.51	*0.00	22.46

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	35	150	2.00	2	15.00	0.00	3.00
990013 Dressing, Buttermilk, Red-Cal	2 TBSP	20	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1396	13.80	*93	41.78	*0.00	206.43
% of Calories				8.90%	*26.6%	26.9%	*0.0%	59.1%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Wednesday - 08/15/2018

Reimbursable Meal Total 495

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000500 Southwestern Chicken Wrap	Each	150	743	10.60	*8	35.02	*0.00	70.53
000434 Calzone, Pepperoni	Each	345	340	5.00	5	13.00	0.00	35.00
001301 Potatoes, Baby Bakers	1/2 Cup	495	100	0.00	0	2.00	0.00	17.00
990071 GREEN BEANS W HAM	1/2 cup	40	82	0.31	*0	0.68	0.00	19.20
000792 Black Bean Salad	2/3 CUP	6	203	0.72	*9	4.52	*0.02	33.30
001065 Asst. Fresh Vegetables(1/2)	1/2 c	80	30	0.08	*1	0.33	*0.00	5.83
000338 Assorted Juice	1 each	425	60	0.00	13	0.00	0.00	14.05

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000106 Strawberry Cup (USDA*)	Serving	350	122	0.01	*N/A*	0.17	0.00	32.94
000337 Assorted Fresh Fruit-2014	Servings	150	59	0.05	10	0.20	0.00	15.11
001430 Cookie, Frosted Sugar	Each	490	172	1.80	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
000892 Salad Entree-HS	Each	70	20	0.00	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	70	124	1.21	*2	5.13	*0.00	13.34
001638 Grab & Go Assorted	Each	25	607	6.66	*22	32.38	*0.00	60.01
000792 Black Bean Salad	2/3 CUP	10	203	0.72	*9	4.52	*0.02	33.30
990025 DICED HAM *RESIZED*	1.25 OZ	25	37	1.00	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	40	55	0.10	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	10	45	1.00	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	60	82	3.64	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	10	120	0.46	0	1.85	0.00	20.31
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	1	0.16	0.00	2.92
001552 Breadstick, 1oz Aunt Millie's	Each	20	81	0.00	2	1.02	0.00	14.25
001430 Cookie, Frosted Sugar	Each	90	172	1.80	15	6.70	0.00	26.90

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000106 Strawberry Cup (USDA*)	Serving	40	122	0.01	*N/A*	0.17	0.00	32.94
000338 Assorted Juice	1 each	60	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	30	59	0.05	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	50	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	70	186	3.16	*2	19.90	*0.00	2.98
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	90	407	10.12	*5	16.43	0.00	45.54
000202 Pepper Jack Cheesy Mac	Cup	60	492	13.57	*7	23.67	*0.00	37.92
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	40	17	0.01	2	0.08	0.00	3.47
000792 Black Bean Salad	2/3 CUP	5	203	0.72	*9	4.52	*0.02	33.30
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	1	0.16	0.00	2.92
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	*0	3.68	0.00	16.27
000338 Assorted Juice	1 each	100	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	45	59	0.05	10	0.20	0.00	15.11
000106 Strawberry Cup (USDA*)	Serving	70	122	0.01	*N/A*	0.17	0.00	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	55	142	1.01	0	7.09	0.00	19.24
001430 Cookie, Frosted Sugar	Each	150	172	1.80	15	6.70	0.00	26.90

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	25	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1485	14.98	*78	47.10	*0.00	213.80
% of Calories				9.08%	*21.0%	28.5%	*0.0%	57.6%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Thursday - 08/16/2018

Reimbursable Meal Total 500

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
990094 Chicken, Cherry Blossom	#12 (3.9oz)	400	342	1.51	17	6.55	0.00	51.31
990095 Noodle, Chow Mein	CUP	400	106	0.00	1	1.45	0.00	20.28
000881 Italian Stromboli-HS	Sandwich	100	322	4.70	*3	10.50	0.00	35.89
001648 Peas, Sugar Snap-HS	1/2 C	115	13	0.01	1	0.06	0.00	2.38
001064 CARROT STICKS	1/2 CUP	140	36	0.03	4	0.21	0.00	8.42
001449 Vegetables, Oriental Blend	1/2 Cup	0	31	0.00	*2	0.00	0.00	7.06
000338 Assorted Juice	1 each	375	60	0.00	13	0.00	0.00	14.05

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	175	67	0.06	12	0.21	0.00	17.37
001373 Pears w/ Cherries	1/2 cup	195	81	0.00	15	0.00	0.00	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	440	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	175	26	0.00	5	0.05	0.00	5.09
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	0.00	2	1.18	0.00	4.72
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	10	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	45	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	75	10	0.05	1	0.38	0.00	1.57
001378 Salad Entree-HS (no beans)*	Each	25	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	25	124	3.08	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	30	607	6.66	*22	32.38	*0.00	60.01
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	25	186	3.16	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	75	179	2.74	*1	16.70	0.00	7.25
001308 Jicama Sticks-1/2 C	1/2 Cup	5	28	0.00	1	0.00	0.00	6.72
001064 CARROT STICKS	1/2 CUP	15	36	0.03	4	0.21	0.00	8.42

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001648 Peas, Sugar Snap-HS	1/2 C	10	13	0.01	1	0.06	0.00	2.38
000385 Assorted Fresh Fruit (2)	1 each	30	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	100	60	0.00	13	0.00	0.00	14.05
001373 Pears w/ Cherries	1/2 cup	45	81	0.00	15	0.00	0.00	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	85	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001349 Pizza, Pepperoni Big Daddy *	Slice	90	410	7.00	7	18.00	0.00	43.00
001263 Baked Spaghetti	1/24th Square	90	293	3.69	6	7.49	0.00	37.79
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	90	106	1.22	*0	3.68	0.00	16.27
001648 Peas, Sugar Snap-HS	1/2 C	10	13	0.01	1	0.06	0.00	2.38
001064 CARROT STICKS	1/2 CUP	15	36	0.03	4	0.21	0.00	8.42
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	1	0.00	0.00	6.72
000385 Assorted Fresh Fruit (2)	1 each	90	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	150	60	0.00	13	0.00	0.00	14.05
001373 Pears w/ Cherries	1/2 cup	90	81	0.00	15	0.00	0.00	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	10	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1112	6.39	*90	23.15	*0.00	176.32
% of Calories				5.17%	*32.4%	18.7%	*0.0%	63.4%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Friday - 08/17/2018

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000927 Bosco Breadsticks-HS*	Serving (2ea)	395	482	8.64	7	18.25	0.00	49.54
001220 Corn Dog, WG 4oz (2/2)	Each	90	243	2.53	5	8.10	0.00	30.37
001447 Vegetable Blend, Baja	1/2 Cup	45	74	0.00	5	1.00	0.00	14.00
000825 Caesar Salad	2/3 C Serving	225	108	1.67	*1	7.90	*0.00	6.77
001065 Asst. Fresh Vegetables(1/2)	1/2 c	70	30	0.08	*1	0.33	*0.00	5.83
000335 Coleslaw	1/2 cup	45	160	0.00	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	330	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	175	157	0.72	24	1.22	*0.00	36.46

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000959 Assorted Canned Fruit	1/2 Cup	120	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	355	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	145	26	0.00	5	0.05	0.00	5.09
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	0.00	2	1.18	0.00	4.72
001186 Tartar Sauce	pkt.	30	42	0.60	2	3.60	0.03	3.00
001083 Ketchup	TBSP	70	20	0.00	4	0.00	0.00	4.03
001642 Calzone, W/G Buffalo Chicken (Each	90	270	4.50	3	10.00	0.00	29.00
001604 Ham Salad on Bun	Sandwich	10	264	2.08	8	7.83	0.00	38.21
001378 Salad Entree-HS (no beans)*	Each	30	309	2.06	28	9.22	0.00	51.22
000620 Chips, Harvest Cheddar 1.25GR	Bag	100	124	0.89	0	5.32	0.00	16.83
001065 Asst. Fresh Vegetables(1/2)	1/2 c	25	30	0.08	*1	0.33	*0.00	5.83
000825 Caesar Salad	2/3 C Serving	20	108	1.67	*1	7.90	*0.00	6.77
000335 Coleslaw	1/2 cup	10	160	0.00	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	175	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	115	157	0.72	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	0.01	*9	0.07	0.00	17.31

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	90	26	0.00	5	0.05	0.00	5.09
001358 Salad Meat-MS-winter	Pick 2	30	124	3.08	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	30	186	3.16	*2	19.90	*0.00	2.98
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	25	66	0.00	5	2.36	0.00	9.45
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	50	440	11.07	*5	19.50	0.00	45.54
000588 Lasagna (trayline)	1/24th	130	445	9.76	9	17.29	*0.00	40.99
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	35	17	0.01	2	0.08	0.00	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	30	30	0.08	*1	0.33	*0.00	5.83
001200 Bread, Garlic (Pasta Line)	1 Each	130	106	1.22	*0	3.68	0.00	16.27
000335 Coleslaw	1/2 cup	10	160	0.00	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	120	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	90	157	0.72	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	115	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	35	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1311	15.01	*91	38.04	*0.00	182.94
% of Calories				10.30%	*27.8%	26.1%	*0.0%	55.8%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Monday - 08/20/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001397 Chicken, Bites Goldkist #7518	Serving (6)	515	241	1.00	1	9.00	0.00	18.00
000681 Country Fried Steak (16530)	Serving	10	300	4.50	2	19.00	0.00	19.00
000611 Mashed Potatoes	1/2 cup	525	82	0.00	1	1.17	0.00	17.62
000271 CORN: frozen, yellow	1/2 cup	210	73	0.70	2	1.87	0.00	14.41
000710 Gravy, White Pepper (PIONEER)	1/4 Cup	320	53	1.77	*0	2.95	*0.00	5.91
000256 BROCCOLI,raw: fresh	1/2 Cup	45	15	0.02	1	0.16	0.00	2.92
000382 Applesauce,w/cinnamon	1/2 Cup	80	65	0.00	12	0.00	*0.00	16.83
000338 Assorted Juice	1 each	300	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	110	67	0.06	12	0.21	0.00	17.37

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001363 Biscuit, W/G (Bakery Chef)	Each	490	207	5.00	*3	10.00	1.00	25.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	40	100	1.50	11	2.50	0.00	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	33	0.00	2	1.18	0.00	4.72
000178 Cheeseburger on Bun(second)	1 each	30	318	5.27	3	14.28	0.50	29.01
000861 Pork BBQ-HS*	Sandwich (4oz)	10	325	2.21	11	8.32	0.00	38.63
001378 Salad Entree-HS (no beans)*	Each	30	309	2.06	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	20	607	6.66	*22	32.38	*0.00	60.01
001155 Crackers, Goldfish,WG 1grain	1 each	75	100	1.00	0	3.50	0.00	14.00
000256 BROCCOLI,raw: fresh	1/2 Cup	20	15	0.02	1	0.16	0.00	2.92
000180 LETTUCE &TOMATO:Shred/diced	Serving	35	13	0.02	2	0.14	0.00	2.82
001310 Juice, Dragon Punch Vegetable	Each, 4oz	15	50	0.00	12	0.00	0.00	13.00
000382 Applesauce,w/cinnamon	1/2 Cup	50	65	0.00	12	0.00	*0.00	16.83
000338 Assorted Juice	1 each	70	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	35	67	0.06	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	40	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	22	0.00	0.00	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
001047 Assorted Condiments	each	135	37	0.00	6	0.25	0.00	7.10
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	0.00	5	2.36	0.00	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
001358 Salad Meat-MS-winter	Pick 2	30	124	3.08	1	7.50	*0.00	1.60
990076 DEEP DISH 5" CHEESE PIZZA CN	EACH	165	320	6.00	10	12.00	0.00	35.00
001271 Spaghetti (Pasta Line)	1 serving	60	322	1.41	*10	3.90	*0.00	55.52
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	25	17	0.01	2	0.08	0.00	3.47
001155 Crackers, Goldfish,WG 1grain	1 each	90	100	1.00	0	3.50	0.00	14.00
000256 BROCCOLI,raw: fresh	1/2 Cup	10	15	0.02	1	0.16	0.00	2.92
001310 Juice, Dragon Punch Vegetable	Each, 4oz	30	50	0.00	12	0.00	0.00	13.00
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	*0	3.68	0.00	16.27
000338 Assorted Juice	1 each	125	60	0.00	13	0.00	0.00	14.05
000382 Applesauce,w/cinnamon	1/2 Cup	65	65	0.00	12	0.00	*0.00	16.83
000385 Assorted Fresh Fruit (2)	1 each	60	67	0.06	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	85	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	25	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	10	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1122	10.88	*61	33.16	*0.96	156.57
% of Calories				8.73%	*21.7%	26.6%	*0.8%	55.8%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Tuesday - 08/21/2018

Reimbursable Meal Total 360

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001297 Beef or Chicken Tacos-HS	1 serving	360	231	4.91	*1	11.15	*0.00	14.89
000008 REFRIED BEANS: canned	1/2 Cup	170	128	1.53	1	3.62	*0.02	16.90
001328 Rice, Queso Brown*	1/2 cup	190	140	2.34	*1	4.42	*0.00	19.96
001477 Lettuce,Iceburg,Shredded - 1/2C	1/2 Cup	375	4	0.01	0	0.06	0.00	0.65
001064 CARROT STICKS	1/2 CUP	35	36	0.03	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	15	11	0.02	1	0.09	0.00	2.16
001043 Salsa	1/4 Cup	170	40	0.00	4	0.00	0.00	8.00
000385 Assorted Fresh Fruit (2)	1 each	190	67	0.06	12	0.21	0.00	17.37
001353 Assorted Canned Fruit	1/2 Cup	90	66	0.01	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	325	60	0.00	13	0.00	0.00	14.05

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001198 PEPPERS,JALEPEN0,CN D,DRND	serving	305	3	0.01	*N/A*	0.07	*N/A*	0.53
001170 Sour Cream, Lite	2 Tbsp	190	30	1.00	2	2.00	0.00	3.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	30	33	0.00	2	1.18	0.00	4.72
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	40	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	30	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	25	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	95	10	0.05	1	0.38	0.00	1.57
001378 Salad Entree-HS (no beans)*	Each	25	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	25	124	3.08	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	30	607	6.66	*22	32.38	*0.00	60.01
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	25	186	3.16	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	95	179	2.74	*1	16.70	0.00	7.25
001064 CARROT STICKS	1/2 CUP	10	36	0.03	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	10	11	0.02	1	0.09	0.00	2.16
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	12	0.21	0.00	17.37

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	130	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	30	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	115	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	50	66	0.00	5	2.36	0.00	9.45
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	120	440	11.07	*5	19.50	0.00	45.54
001603 Macaroni, Ham, Cheese	CUP	100	326	5.70	*3	11.19	0.00	37.09
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	100	106	1.22	*0	3.68	0.00	16.27
001064 CARROT STICKS	1/2 CUP	20	36	0.03	4	0.21	0.00	8.42
000925 CELERY STICKS	1/2 Cup	10	11	0.02	1	0.09	0.00	2.16
000338 Assorted Juice	1 each	190	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	120	67	0.06	12	0.21	0.00	17.37
001353 Assorted Canned Fruit	1/2 Cup	80	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	140	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1366	16.44	*90	42.06	*0.01	185.18
% of Calories				10.83%	*26.4%	27.7%	*0.0%	54.2%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Wednesday - 08/22/2018

Reimbursable Meal Total 480

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001349 Pizza, Pepperoni Big Daddy *	Slice	110	410	7.00	7	18.00	0.00	43.00
000588 Lasagna (trayline)	1/24th	370	445	9.76	9	17.29	*0.00	40.99
000715 Texas Toast	Each	370	90	0.50	1	2.50	0.00	15.00
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	110	17	0.01	2	0.08	0.00	3.47
001442 Cucumber & Tomatoes	1/2 Cup	25	82	0.03	7	2.51	0.00	13.00
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	1	0.00	0.00	6.72
001053 CARROTS:frozen, boiled	1/2 cup	45	107	1.77	*9	4.33	*0.00	17.20
000337 Assorted Fresh Fruit-2014	Servings	140	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	320	60	0.00	13	0.00	0.00	14.05
000305 Peaches, Diced (Indiv)	Each	75	64	0.00	13	0.00	0.00	15.08

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000184 Pudding, Vanilla w/ chocolate	1/2 cup	300	147	0.93	23	1.57	0.00	33.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	375	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	80	66	0.00	5	2.36	0.00	9.45
000892 Salad Entree-HS	Each	65	20	0.00	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	65	124	1.21	*2	5.13	*0.00	13.34
001638 Grab & Go Assorted	Each	35	607	6.66	*22	32.38	*0.00	60.01
990025 DICED HAM *RESIZED*	1.25 OZ	10	37	1.00	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	45	55	0.10	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	15	45	1.00	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	60	82	3.64	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0.46	0	1.85	0.00	20.31
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	1	0.00	0.00	6.72
001377 Bread Slice, Wild Berry (2 WG)	Slice	65	270	2.00	24	9.00	0.00	43.00
000184 Pudding, Vanilla w/ chocolate	1/2 cup	70	147	0.93	23	1.57	0.00	33.03
000305 Peaches, Diced (Indiv)	Each	30	64	0.00	13	0.00	0.00	15.08
000338 Assorted Juice	1 each	65	60	0.00	13	0.00	0.00	14.05

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000337 Assorted Fresh Fruit-2014	Servings	25	59	0.05	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	55	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	65	186	3.16	*2	19.90	*0.00	2.98
001428 Cheese Pizza Big Daddy's, wg #	Slice	90	400	7.00	7	16.00	0.00	43.00
000200 Cheesy Chicken Enchiladas	Each	75	272	5.72	3	10.64	0.00	23.61
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	1	0.00	0.00	6.72
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	75	106	1.22	*0	3.68	0.00	16.27
000338 Assorted Juice	1 each	130	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	70	59	0.05	10	0.20	0.00	15.11
000305 Peaches, Diced (Indiv)	Each	50	64	0.00	13	0.00	0.00	15.08
000184 Pudding, Vanilla w/ chocolate	1/2 cup	120	147	0.93	23	1.57	0.00	33.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	5	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1254	15.18	*93	36.55	*0.00	176.37
% of Calories				10.89%	*29.7%	26.2%	*0.0%	56.3%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Thursday - 08/23/2018

Reimbursable Meal Total 420

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	385	356	1.00	4	10.00	0.00	42.00
000861 Pork BBQ-HS*	Sandwich (4oz)	35	325	2.21	11	8.32	0.00	38.63
001390 Potatoes, Shoestring Fries LM*	1/2 Cup	420	173	1.52	0	6.10	0.00	27.43
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.17	*16	3.23	*0.00	24.36
000180 LETTUCE & TOMATO:Shred/diced	Serving	400	13	0.02	2	0.14	0.00	2.82
001064 CARROT STICKS	1/2 CUP	70	36	0.03	4	0.21	0.00	8.42
000338 Assorted Juice	1 each	400	60	0.00	13	0.00	0.00	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	100	78	0.01	19	0.10	0.00	20.39
000385 Assorted Fresh Fruit (2)	1 each	310	67	0.06	12	0.21	0.00	17.37
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	420	100	1.00	8	3.50	0.00	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	330	110	0.00	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001083 Ketchup	TBSP	420	20	0.00	4	0.00	0.00	4.03
001047 Assorted Condiments	each	385	37	0.00	6	0.25	0.00	7.10
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	50	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	15	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	85	10	0.05	1	0.38	0.00	1.57
001306 Assorted Condiments-BB	Each	85	179	2.74	*1	16.70	0.00	7.25
001378 Salad Entree-HS (no beans)*	Each	25	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	20	124	3.08	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	20	186	3.16	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	25	607	6.66	*22	32.38	*0.00	60.01
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.17	*16	3.23	*0.00	24.36
001064 CARROT STICKS	1/2 CUP	20	36	0.03	4	0.21	0.00	8.42
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	110	100	1.00	8	3.50	0.00	17.00
000385 Assorted Fresh Fruit (2)	1 each	85	67	0.06	12	0.21	0.00	17.37
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	55	78	0.01	19	0.10	0.00	20.39

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	110	60	0.00	13	0.00	0.00	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	75	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001618 Pizza, Fresh Baked Meat	Slice (1/8th)	45	507	12.69	*6	23.75	0.00	47.17
001580 Orange Chicken (Ling's)	Serving (3.6oz)	170	150	0.50	10	3.00	0.00	19.00
000198 RICE,Whole Grain	1/2 cup	170	105	0.04	*0	0.63	0.00	22.08
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	40	17	0.01	2	0.08	0.00	3.47
000983 BROCCOLI SALAD-Rev	1/2 CUP	5	126	0.17	*16	3.23	*0.00	24.36
001064 CARROT STICKS	1/2 CUP	20	36	0.03	4	0.21	0.00	8.42
000338 Assorted Juice	1 each	150	60	0.00	13	0.00	0.00	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	80	78	0.01	19	0.10	0.00	20.39
000385 Assorted Fresh Fruit (2)	1 each	110	67	0.06	12	0.21	0.00	17.37
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	150	100	1.00	8	3.50	0.00	17.00
001200 Bread, Garlic (Pasta Line)	1 Each	170	106	1.22	*0	3.68	0.00	16.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	135	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	10	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1564	8.87	*116	38.91	*0.00	245.02
% of Calories				5.10%	*29.7%	22.4%	*0.0%	62.7%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Friday - 08/24/2018

Reimbursable Meal Total 365

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001348 Cheeseburger Bacon BBQ	Sandwich	345	444	9.67	8	22.67	0.50	35.34
000947 Fish Filet-(2.5M/2.5G)*	Each	20	398	3.27	3	14.28	0.00	41.01
001512 Tater Tots	1/2 CUP	365	134	0.89	1	6.25	0.00	16.95
001613 BROCCOLI: frozen, boiled	1/2 Cup	10	57	0.55	*0	3.47	*0.00	5.12
001065 Asst. Fresh Vegetables(1/2)	1/2 c	60	30	0.08	*1	0.33	*0.00	5.83
000787 Baked Beans-NEW	1/2 CUP	50	129	0.09	0	0.52	0.00	29.11
000338 Assorted Juice	1 each	320	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	10	0.20	0.00	15.11
001611 Strawberries & Blueberries (2)	1/2 Cup	200	107	0.02	*23	0.29	0.00	28.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	280	110	0.00	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001082 Ketchup/Mustard	each	300	26	0.00	5	0.05	0.00	5.09
001083 Ketchup	TBSP	200	20	0.00	4	0.00	0.00	4.03
001346 BBQ Rib Sandwich-HS*	1 Each	45	360	4.50	12	14.01	0.00	41.09
000613 Mozzarella Sticks, WG 2M/2.5G	Serving (6)	55	387	4.04	5	13.69	0.00	42.56
001378 Salad Entree-HS (no beans)*	Each	30	309	2.06	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	20	607	6.66	*22	32.38	*0.00	60.01
000792 Black Bean Salad	2/3 CUP	5	203	0.72	*9	4.52	*0.02	33.30
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	80	142	1.01	0	7.09	0.00	19.24
001065 Asst. Fresh Vegetables(1/2)	1/2 c	15	30	0.08	*1	0.33	*0.00	5.83
000338 Assorted Juice	1 each	100	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	70	59	0.05	10	0.20	0.00	15.11
001611 Strawberries & Blueberries (2)	1/2 Cup	55	107	0.02	*23	0.29	0.00	28.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001358 Salad Meat-MS-winter	Pick 2	30	124	3.08	1	7.50	*0.00	1.60

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001481 Dressing, Ranch Pkt, Marzetti	Pkt	24	195	3.42	1	21.49	0.00	1.95
001482 Dressing, Italian, Pkt	Pkt	3	20	0.00	2	1.00	0.00	2.00
001483 Dressing, Applesauce French	2oz	3	123	0.01	*29	0.08	*0.00	30.02
001404 Pizza 5" Lunch aRound Pepp 2M/	Each	80	330	6.00	9	13.00	0.00	38.00
000779 Chicken Alfredo-Pasta line	1 cup	140	585	16.32	*6	30.84	*0.00	48.07
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	45	17	0.01	2	0.08	0.00	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	30	30	0.08	*1	0.33	*0.00	5.83
000792 Black Bean Salad	2/3 CUP	5	203	0.72	*9	4.52	*0.02	33.30
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	80	142	1.01	0	7.09	0.00	19.24
001200 Bread, Garlic (Pasta Line)	1 Each	140	106	1.22	*0	3.68	0.00	16.27
000337 Assorted Fresh Fruit-2014	Servings	125	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	155	60	0.00	13	0.00	0.00	14.05
001611 Strawberries & Blueberries (2)	1/2 Cup	85	107	0.02	*23	0.29	0.00	28.27
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	220	100	1.00	8	3.50	0.00	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	165	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	45	150	2.00	2	15.00	0.00	3.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1766	22.10	*116	61.39	*0.47	236.97
% of Calories				11.26%	*26.3%	31.3%	*0.2%	53.7%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Monday - 08/27/2018

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	400	356	4.00	4	10.00	0.00	42.00
001095 Tenderloin on Bun*16	each	50	400	4.50	4	19.00	0.00	37.00
001591 Pasta Salad, Ranch	1/2 cup	40	200	2.25	*1	10.39	*0.00	21.07
000916 Cauliflower w/Cheese	1/2 cup	190	35	0.04	3	0.55	0.00	6.97
001064 CARROT STICKS	1/2 CUP	45	36	0.03	4	0.21	0.00	8.42
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	150	17	0.01	2	0.08	0.00	3.47
000959 Assorted Canned Fruit	1/2 Cup	75	66	0.01	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	385	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	140	59	0.05	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	310	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	110	66	0.00	5	2.36	0.00	9.45
001082 Ketchup/Mustard	each	450	26	0.00	5	0.05	0.00	5.09
001220 Corn Dog, WG 4oz (2/2)	Each	60	243	2.53	5	8.10	0.00	30.37
001202 Chicken Salad	1 Sandwich	10	305	1.27	*2	7.81	0.00	38.64
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	3.08	1	7.50	*0.00	1.60
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
001638 Grab & Go Assorted	Each	25	607	6.66	*22	32.38	*0.00	60.01
001591 Pasta Salad, Ranch	1/2 cup	20	200	2.25	*1	10.39	*0.00	21.07
001386 BROCCOLI,raw: fresh	1/2 Cup	10	15	0.02	1	0.16	0.00	2.92
001064 CARROT STICKS	1/2 CUP	25	36	0.03	4	0.21	0.00	8.42
000337 Assorted Fresh Fruit-2014	Servings	40	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	85	60	0.00	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	40	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	60	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	2	15.00	0.00	3.00
001082 Ketchup/Mustard	each	60	26	0.00	5	0.05	0.00	5.09
001563 Pizza, Big Daddy Buffal #78639	Slice (1/8th)	120	390	7.00	8	19.00	0.00	35.00
001585 Rotini w/ Sauce-2000 Sauce	SERVING	60	253	1.36	*8	3.47	*0.00	39.88
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	45	17	0.01	2	0.08	0.00	3.47
001591 Pasta Salad, Ranch	1/2 cup	30	200	2.25	*1	10.39	*0.00	21.07
001064 CARROT STICKS	1/2 CUP	40	36	0.03	4	0.21	0.00	8.42
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	1	0.16	0.00	2.92
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	*0	3.68	0.00	16.27
000338 Assorted Juice	1 each	120	60	0.00	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	45	66	0.01	*9	0.07	0.00	17.31
000337 Assorted Fresh Fruit-2014	Servings	80	59	0.05	10	0.20	0.00	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	45	150	2.00	2	15.00	0.00	3.00

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	55	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1066	8.37	*75	27.93	*0.00	152.24
% of Calories				7.07%	*28.1%	23.6%	*0.0%	57.1%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Tuesday - 08/28/2018

Reimbursable Meal Total 475

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001337 Chicken and Noodles-HS*	8oz Spoodle	475	294	2.12	*0	9.06	*0.00	26.16
000611 Mashed Potatoes	1/2 cup	475	82	0.00	1	1.17	0.00	17.62
001502 PEAS: frozen,boiled	1/2 CUP	60	79	0.87	4	2.05	0.00	11.41
001480 CUCUMBER,RAW (1/2C)	1/2 Cup	50	13	0.03	1	0.10	0.00	3.14
000925 CELERY STICKS	1/2 Cup	25	11	0.02	1	0.09	0.00	2.16
000337 Assorted Fresh Fruit-2014	Servings	90	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	400	60	0.00	13	0.00	0.00	14.05
000959 Assorted Canned Fruit	1/2 Cup	115	66	0.01	*9	0.07	0.00	17.31
000411 Brownie (Secondary) w/icing	1/80th	425	129	0.80	*17	3.36	*0.00	23.48
000996 Roll, Wheat Dinner-(Rich's) 1.75GR	1 each	400	160	0.50	3	5.00	0.00	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	350	110	0.00	18	0.00	0.00	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	400	66	0.00	5	2.36	0.00	9.45
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	80	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	120	10	0.05	1	0.38	0.00	1.57
001306 Assorted Condiments-BB	Each	120	179	2.74	*1	16.70	0.00	7.25
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	3.08	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	15	607	6.66	*22	32.38	*0.00	60.01
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
000925 CELERY STICKS	1/2 Cup	5	11	0.02	1	0.09	0.00	2.16
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	10	40	0.01	3	1.28	0.00	6.01
900017 POTATO SALAD	2/3 CUP	20	123	0.52	*3	5.22	*0.02	18.09
000337 Assorted Fresh Fruit-2014	Servings	60	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	140	60	0.00	13	0.00	0.00	14.05
000411 Brownie (Secondary) w/icing	1/80th	95	129	0.80	*17	3.36	*0.00	23.48

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	11	2.50	0.00	11.00
000959 Assorted Canned Fruit	1/2 Cup	40	66	0.01	*9	0.07	0.00	17.31
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	160	407	10.12	*5	16.43	0.00	45.54
001182 Cavatini	1 piece	50	360	8.76	*4	16.92	*0.07	29.22
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	65	17	0.01	2	0.08	0.00	3.47
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	15	40	0.01	3	1.28	0.00	6.01
000925 CELERY STICKS	1/2 Cup	20	11	0.02	1	0.09	0.00	2.16
900017 POTATO SALAD	2/3 CUP	30	123	0.52	*3	5.22	*0.02	18.09
000337 Assorted Fresh Fruit-2014	Servings	75	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	150	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	60	66	0.01	*9	0.07	0.00	17.31
000411 Brownie (Secondary) w/icing	1/80th	150	129	0.80	*17	3.36	*0.00	23.48
001200 Bread, Garlic (Pasta Line)	1 Each	50	106	1.22	*0	3.68	0.00	16.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	65	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	35	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1489	10.86	*98	41.29	*0.01	213.64
% of Calories				6.56%	*26.3%	25.0%	*0.0%	57.4%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Wednesday - 08/29/2018

Reimbursable Meal Total 475

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001122 Taco Salad	Each	395	512	8.22	*0	27.72	*0.00	30.72
000502 Quesadilla, Chicken*	Serving -Each	80	343	5.64	4	12.58	*0.00	33.79
990032 SPANISH RICE *RESIZED*	1/2 CUP	175	112	0.30	*0	1.68	*0.00	21.33
000271 CORN: frozen, yellow	1/2 cup	300	73	0.70	2	1.87	0.00	14.41
990081 Taco Salad/Quesadilla Toppings	Each	220	34	0.45	*2	1.20	*0.00	4.97
000792 Black Bean Salad	2/3 CUP	10	203	0.72	*9	4.52	*0.02	33.30
001064 CARROT STICKS	1/2 CUP	30	36	0.03	4	0.21	0.00	8.42
000338 Assorted Juice	1 each	350	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	120	59	0.05	10	0.20	0.00	15.11
000106 Strawberry Cup (USDA*)	Serving	190	122	0.01	*N/A*	0.17	0.00	32.94

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000354 Rice Krispie Treat, Mini	Each	450	46	0.00	3	0.92	0.00	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	330	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	80	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	55	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	0.00	5	2.36	0.00	9.45
000892 Salad Entree-HS	Each	50	20	0.00	1	0.00	0.00	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	124	1.21	*2	5.13	*0.00	13.34
001638 Grab & Go Assorted	Each	10	607	6.66	*22	32.38	*0.00	60.01
990025 DICED HAM *RESIZED*	1.25 OZ	10	37	1.00	1	2.00	0.00	2.00
000895 Grilled Chicken Diced	1.25 oz	30	55	0.10	0	2.96	0.00	0.09
000370 EGG,DICED	1 OZ	15	45	1.00	0	3.00	0.00	1.00
001454 Cheese, Shredded	OZ	30	82	3.64	0	5.59	*0.00	0.66
990024 BEANS GARBANZO ,CANNED	1/2 CUP	5	120	0.46	0	1.85	0.00	20.31
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	2.00	24	9.00	0.00	43.00
000106 Strawberry Cup (USDA*)	Serving	30	122	0.01	*N/A*	0.17	0.00	32.94
000337 Assorted Fresh Fruit-2014	Servings	35	59	0.05	10	0.20	0.00	15.11
000338 Assorted Juice	1 each	40	60	0.00	13	0.00	0.00	14.05
000354 Rice Krispie Treat, Mini	Each	40	46	0.00	3	0.92	0.00	8.29

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	1.50	11	2.50	0.00	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	3.16	*2	19.90	*0.00	2.98
000792 Black Bean Salad	2/3 CUP	6	203	0.72	*9	4.52	*0.02	33.30
001618 Pizza, Fresh Baked Meat	Slice (1/8th)	135	507	12.69	*6	23.75	0.00	47.17
000202 Pepper Jack Cheesy Mac	Cup	95	492	13.57	*7	23.67	*0.00	37.92
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
000792 Black Bean Salad	2/3 CUP	15	203	0.72	*9	4.52	*0.02	33.30
001064 CARROT STICKS	1/2 CUP	25	36	0.03	4	0.21	0.00	8.42
001200 Bread, Garlic (Pasta Line)	1 Each	95	106	1.22	*0	3.68	0.00	16.27
000338 Assorted Juice	1 each	140	60	0.00	13	0.00	0.00	14.05
000337 Assorted Fresh Fruit-2014	Servings	45	59	0.05	10	0.20	0.00	15.11
000106 Strawberry Cup (USDA*)	Serving	115	122	0.01	*N/A*	0.17	0.00	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	60	142	1.01	0	7.09	0.00	19.24
001430 Cookie, Frosted Sugar	Each	160	172	1.80	15	6.70	0.00	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	22	0.00	0.00	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1427	17.35	*63	50.77	*0.00	179.85
% of Calories				10.94%	*17.7%	32.0%	*0.0%	50.4%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Thursday - 08/30/2018

Reimbursable Meal Total 490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001446 Flatbread, Chicken/Bacon/Ranch	Each	430	614	13.44	5	39.39	*0.00	29.26
001346 BBQ Rib Sandwich-HS*	1 Each	60	360	4.50	12	14.01	0.00	41.09
001161 Potato Wedges Seas. #C-27 LW	1/2 C	0	175	3.37	0	8.10	0.00	24.29
001249 California Vegetable Blend	1/2 cup	20	42	0.81	2	1.78	0.00	5.58
001308 Jicama Sticks-1/2 C	1/2 Cup	0	28	0.00	1	0.00	0.00	6.72
001640 Peas, Sugar Snap	1/4 C	0	7	0.01	1	0.03	0.00	1.28
000385 Assorted Fresh Fruit (2)	1 each	190	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	400	60	0.00	13	0.00	0.00	14.05
001373 Pears w/ Cherries	1/2 cup	0	81	0.00	15	0.00	0.00	20.44

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	340	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	55	100	1.50	11	2.50	0.00	11.00
001083 Ketchup	TBSP	490	20	0.00	4	0.00	0.00	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	390	33	0.00	2	1.18	0.00	4.72
001150 Dressing, Buttermilk, Red-Cal	TBSP	80	33	0.00	2	1.18	0.00	4.72
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	5	11.17	0.00	32.17
001304 Turkey & Cheese Sub-BB	1 each	70	284	1.77	3	5.76	0.00	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	4	15.72	0.00	30.15
001305 Sandwich Fixings	Serving	130	10	0.05	1	0.38	0.00	1.57
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	28	9.22	0.00	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	3.08	1	7.50	*0.00	1.60
001638 Grab & Go Assorted	Each	5	607	6.66	*22	32.38	*0.00	60.01
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	*2	19.90	*0.00	2.98
001306 Assorted Condiments-BB	Each	110	179	2.74	*1	16.70	0.00	7.25
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	1	0.00	0.00	6.72
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	0.06	0.00	2.38
001373 Pears w/ Cherries	1/2 cup	40	81	0.00	15	0.00	0.00	20.44

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000338 Assorted Juice	1 each	110	60	0.00	13	0.00	0.00	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	12	0.21	0.00	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	11	2.50	0.00	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	5	2.36	0.00	9.45
001349 Pizza, Pepperoni Big Daddy *	Slice	145	410	7.00	7	18.00	0.00	43.00
001263 Baked Spaghetti	1/24th Square	65	293	3.69	6	7.49	0.00	37.79
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	2	0.08	0.00	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	65	106	1.22	*0	3.68	0.00	16.27
001648 Peas, Sugar Snap-HS	1/2 C	45	13	0.01	1	0.06	0.00	2.38
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	0.00	1	0.00	0.00	6.72
000385 Assorted Fresh Fruit (2)	1 each	90	67	0.06	12	0.21	0.00	17.37
000338 Assorted Juice	1 each	150	60	0.00	13	0.00	0.00	14.05
001373 Pears w/ Cherries	1/2 cup	90	81	0.00	15	0.00	0.00	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	45	66	0.00	5	2.36	0.00	9.45
Weighted Daily Average			1296	17.16	*77	53.43	*0.00	140.59
% of Calories				11.92%	*23.8%	37.1%	*0.0%	43.4%
Weekly Nutrient Guideline			750 - 850	<10		<=0		

Friday - 08/31/2018

Reimbursable Meal Total 570

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	520	356	1.00	4	10.00	0.00	42.00
001099 Meatball Sub	1 Sandwich	50	363	4.21	*12	11.59	*0.54	46.20
001301 Potatoes, Baby Bakers	1/2 Cup	570	100	0.00	0	2.00	0.00	17.00
000992 Juice, Wango Mango	Carton	90	50	0.00	*N/A*	0.00	0.00	13.00
000335 Coleslaw	1/2 cup	25	160	0.00	15	10.00	0.00	17.00
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	200	7	0.01	1	0.08	0.00	1.34
001065 Asst. Fresh Vegetables(1/2)	1/2 c	60	30	0.08	*1	0.33	*0.00	5.83
001178 Apples w/ Carmel	1 Serving	190	157	0.72	24	1.22	*0.00	36.46
000338 Assorted Juice	1 each	320	60	0.00	13	0.00	0.00	14.05
001353 Assorted Canned Fruit	1/2 Cup	120	66	0.01	*9	0.07	0.00	17.31

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001083 Ketchup	TBSP	545	20	0.00	4	0.00	0.00	4.03
000434 Calzone, Pepperoni	Each	90	340	5.00	5	13.00	0.00	35.00
000571 Country Fried Steak Sandwich	Sandwich	20	450	4.50	5	21.00	0.00	48.00
001378 Salad Entree-HS (no beans)*	Each	10	309	2.06	28	9.22	0.00	51.22
001638 Grab & Go Assorted	Each	20	607	6.66	*22	32.38	*0.00	60.01
001065 Asst. Fresh Vegetables(1/2)	1/2 c	20	30	0.08	*1	0.33	*0.00	5.83
000992 Juice, Wango Mango	Carton	45	50	0.00	*N/A*	0.00	0.00	13.00
000959 Assorted Canned Fruit	1/2 Cup	25	66	0.01	*9	0.07	0.00	17.31
000338 Assorted Juice	1 each	100	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	45	157	0.72	24	1.22	*0.00	36.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	11	2.50	0.00	11.00
001047 Assorted Condiments	each	20	37	0.00	6	0.25	0.00	7.10
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	3.16	*2	19.90	*0.00	2.98

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
001358 Salad Meat-MS-winter	Pick 2	10	124	3.08	1	7.50	*0.00	1.60
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	116	407	10.12	*5	16.43	0.00	45.54
001649 Italian Chicken Pasta	Cup	84	381	7.84	*3	13.45	*0.00	40.90
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	55	17	0.01	2	0.08	0.00	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	55	30	0.08	*1	0.33	*0.00	5.83
001200 Bread, Garlic (Pasta Line)	1 Each	70	106	1.22	*0	3.68	0.00	16.27
000335 Coleslaw	1/2 cup	20	160	0.00	15	10.00	0.00	17.00
000338 Assorted Juice	1 each	120	60	0.00	13	0.00	0.00	14.05
001178 Apples w/ Carmel	1 Serving	90	157	0.72	24	1.22	*0.00	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	0.01	*9	0.07	0.00	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	110	0.00	18	0.00	0.00	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	22	0.00	0.00	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	11	2.50	0.00	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	55	150	2.00	2	15.00	0.00	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	55	66	0.00	5	2.36	0.00	9.45

Planned Menu Spreadsheet

Portion Values

Aug 6, 2018 thru Aug 31, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Carb (g)
000992 Juice, Wango Mango	Carton	30	50	0.00	*N/A*	0.00	0.00	13.00
Weighted Daily Average			1102	6.75	*67	26.03	*0.05	165.08
% of Calories				5.51%	*24.3%	21.3%	*0.0%	59.9%
Weekly Nutrient Guideline			750 - 850	<10		<=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.