

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Menu Name: High School Lunch 2015-2016
Site: 7 - Logansport High School

Include Cost: No
Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	490	356	1.00	766	42.00
000571 Country Fried Steak Sandwich	Sandwich	45	450	4.50	590	48.00
000840 Potato, Sweet Fries	1/2 CUP	250	97	0.00	140	16.86
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	200	7	0.01	3	1.34
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	126	0.18	77	24.33
001308 Jicama Sticks-1/2 C	1/2 Cup	30	28	0.00	3	6.72
000338 Assorted Juice	1 each	360	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	80	66	0.01	5	17.31
000385 Assorted Fresh Fruit (2)	1 each	75	67	0.06	1	17.37
001226 Ice Cream Sandwich	1 each	350	82	1.03	51	17.49
001047 Assorted Condiments	each	535	37	0.00	97	7.10
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	189	9.45
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	0.00	120	22.00

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)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	1.50	120	11.00
Weighted Daily Average			685	2.08	1135	105.99
% of Calories				2.73%		61.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/02/2018

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000860 Nachos with Ground Beef 2012-H	EACH	420	494	8.35	876	46.75
000947 Fish Filet-(2.5M/2.5G)*	Each	30	398	3.27	617	41.01
000271 CORN: frozen, yellow	1/2 cup	285	73	0.70	14	14.41
001043 Salsa	1/4 Cup	95	40	0.00	280	8.00
001065 Asst. Fresh Vegetables(1/2)	1/2 c	100	30	0.08	73	5.83
000792 Black Bean Salad	2/3 CUP	25	200	0.75	280	32.94
000008 REFRIED BEANS: canned	1/2 Cup	75	128	1.53	542	16.90
001611 Strawberries & Blueberries (2)	1/2 Cup	240	106	0.02	6	28.28
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	1	17.37
000338 Assorted Juice	1 each	450	60	0.00	4	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	330	110	0.00	180	20.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	120	11.00
001170 Sour Cream, Lite	2 Tbsp	160	30	1.00	35	3.00
001198 PEPPERS,JALEPEN0,CN D,DRND	serving	400	3	0.01	105	0.53
001186 Tartar Sauce	pkt.	30	42	0.60	100	3.00
001083 Ketchup	TBSP	30	20	0.00	50	4.03
Weighted Daily Average			833	9.31	1329	116.34
% of Calories				10.06%		55.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/05/2018

Reimbursable Meal Total 510

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001453 Chicken Bacon Club-MS	1 Sandwich	335	312	0.90	710	26.89
001095 Tenderloin on Bun*16	each	175	400	4.50	520	37.00
990029 POTATO, AU GRATIN,CLASSIC CASS *RESIZED*	2/3 cup	250	159	2.17	703	25.07
001053 CARROTS:frozen, boiled	1/2 cup	160	106	1.76	101	17.09
000034 LETTUCE &TOMATO:1/4 C &2 slice	1/4 C,2 slc	225	7	0.01	3	1.34

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001442 Cucumber & Tomatoes	1/2 Cup	45	82	0.03	192	13.00
000385 Assorted Fresh Fruit (2)	1 each	150	67	0.06	1	17.37
000338 Assorted Juice	1 each	370	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	95	66	0.01	5	17.31
000354 Rice Krispie Treat, Mini	Each	425	46	0.00	41	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	380	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	70	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	50	100	1.50	120	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	33	0.00	94	4.72
001047 Assorted Condiments	each	510	37	0.00	97	7.10
Weighted Daily Average			726	3.93	1346	101.70
% of Calories				4.87%		56.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/06/2018

Reimbursable Meal Total 520

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001057 Ham & Cheese Sandwich,Grilled	1 sandwich	215	212	3.32	557	27.14
000378 PBJ Uncrustable, Lg.-Smuckers	Each	305	630	7.00	630	64.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001161 Potato Wedges Seas. #C-27 LW	1/2 C	500	167	3.21	270	23.13
000905 Salad Garden Winter	Serving-1 cup	150	13	0.00	11	2.65
001596 Carrot/Celery Sticks (1/2c)	Portion (1/2C)	90	30	0.05	112	6.33
900007 HUMMUS	1/2 CUP	10	193	1.55	397	21.39
000338 Assorted Juice	1 each	465	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	240	67	0.06	1	17.37
000305 Peaches, Diced (Indiv)	Each	95	64	0.00	0	15.08
001119 Cinnamon Sweet Roll Dough, SM*	1 serving	450	104	0.01	71	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00
000835 MILK, LOWFAT, FLUID, 1% MILKFAT, W	CARTON	40	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	115	66	0.00	189	9.45
001083 Ketchup	TBSP	500	20	0.00	50	4.03
001047 Assorted Condiments	each	450	37	0.00	97	7.10
Weighted Daily Average			993	8.75	1295	147.56
% of Calories				7.93%		59.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/07/2018

Reimbursable Meal Total 525

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)	Carb (g)
000500 Southwestern Chicken Wrap	Each	0	364	4.79	1016	21.03
000434 Calzone, Pepperoni	Each	180	340	5.00	510	35.00
001301 Potatoes, Baby Bakers	1/2 Cup	525	100	0.00	180	17.00
990071 GREEN BEANS W HAM	1/2 cup	125	37	0.11	607	7.51
000792 Black Bean Salad	2/3 CUP	60	200	0.75	280	32.94
001065 Asst. Fresh Vegetables(1/2)	1/2 c	80	30	0.08	73	5.83
000338 Assorted Juice	1 each	425	60	0.00	4	14.05
000106 Strawberry Cup (USDA*)	Serving	350	122	0.01	4	32.94
000337 Assorted Fresh Fruit-2014	Servings	160	59	0.05	3	15.11
001430 Cookie, Frosted Sugar	Each	475	172	1.80	78	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
Weighted Daily Average			656	3.56	774	115.58
% of Calories				4.88%		70.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/08/2018

Reimbursable Meal Total 620

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000375 Spicy Chicken Sandwich	Sandwich	580	410	3.00	590	43.00
001346 BBQ Rib Sandwich-HS*	1 Each	40	360	4.50	943	41.09
001114 Potatoes, Baked-SECONDARY	1 each	620	231	0.08	53	47.97
001160 Potato Toppings	serving	390	88	2.47	97	1.42
001648 Peas, Sugar Snap-HS	1/2 C	115	13	0.01	1	2.38
001064 CARROT STICKS	1/2 CUP	140	36	0.03	61	8.42
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72
000338 Assorted Juice	1 each	375	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	175	67	0.06	1	17.37
001373 Pears w/ Cherries	1/2 cup	195	81	0.00	5	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	440	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	100	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	120	11.00
001082 Ketchup/Mustard	each	175	26	0.00	79	5.09
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	0.00	94	4.72
Weighted Daily Average			900	4.87	933	134.58
% of Calories				4.87%		59.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Friday - 03/09/2018

Reimbursable Meal Total 485

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000927 Bosco Breadsticks-HS*	Serving (2ea)	395	482	8.64	935	49.54
001220 Corn Dog, WG 4oz (2/2)	Each	90	243	2.53	395	30.37
001447 Vegetable Blend, Baja	1/2 Cup	45	74	0.00	447	14.00
000825 Caesar Salad	2/3 C Serving	225	108	1.67	231	6.77
001065 Asst. Fresh Vegetables(1/2)	1/2 c	70	30	0.08	73	5.83
000335 Coleslaw	1/2 cup	45	160	0.00	320	17.00
000338 Assorted Juice	1 each	330	60	0.00	4	14.05
001178 Apples w/ Carmel	1 Serving	175	157	0.72	91	36.46
000959 Assorted Canned Fruit	1/2 Cup	120	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	355	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	120	11.00
001082 Ketchup/Mustard	each	145	26	0.00	79	5.09
001150 Dressing, Buttermilk, Red-Cal	TBSP	70	33	0.00	94	4.72
001186 Tartar Sauce	pkt.	30	42	0.60	100	3.00

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)	Carb (g)
001083 Ketchup	TBSP	70	20	0.00	50	4.03
Weighted Daily Average			752	8.70	1270	101.64
% of Calories				10.41%		54.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/12/2018

Reimbursable Meal Total 525

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001397 Chicken, Bites Goldkist #7518	Serving (6)	490	241	1.00	632	18.00
000681 Country Fried Steak (16530)	Serving	35	300	4.50	310	19.00
000611 Mashed Potatoes	1/2 cup	525	80	0.00	369	17.12
000271 CORN: frozen, yellow	1/2 cup	430	73	0.70	14	14.41
000710 Gravy, White Pepper (PIONEER)	1/4 Cup	360	53	1.77	285	5.91
000256 BROCCOLI,raw: fresh	1/2 Cup	45	15	0.02	15	2.92
000382 Applesauce,w/cinnamon	1/2 Cup	100	65	0.00	11	16.83
000338 Assorted Juice	1 each	400	60	0.00	4	14.05
000688 Assorted Fresh Fruit (pears)	1 each	150	45	0.04	0	11.55
001363 Biscuit, W/G (Bakery Chef)	Each	525	207	5.00	360	25.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	0.00	180	20.00

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)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	1.50	120	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	45	33	0.00	94	4.72
Weighted Daily Average			810	8.12	1727	113.01
% of Calories				9.02%		55.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/13/2018

Reimbursable Meal Total 440

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001297 Beef or Chicken Tacos-HS	1 serving	440	316	6.89	405	30.86
000008 REFRIED BEANS: canned	1/2 Cup	160	128	1.53	542	16.90
001328 Rice, Queso Brown*	1/2 cup	320	140	2.34	275	19.96
001477 Lettuce,Iceburg,Shredded - 1/2C	1/2 Cup	375	4	0.01	3	0.65
001064 CARROT STICKS	1/2 CUP	55	36	0.03	61	8.42
000925 CELERY STICKS	1/2 Cup	25	11	0.02	56	2.16
001043 Salsa	1/4 Cup	160	40	0.00	280	8.00
000385 Assorted Fresh Fruit (2)	1 each	225	67	0.06	1	17.37
001353 Assorted Canned Fruit	1/2 Cup	100	66	0.01	5	17.31

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)	Carb (g)
000338 Assorted Juice	1 each	390	60	0.00	4	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	360	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	40	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
001198 PEPPERS,JALEPEN0,CN D,DRND	serving	295	3	0.01	105	0.53
001170 Sour Cream, Lite	2 Tbsp	190	30	1.00	35	3.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	80	33	0.00	94	4.72
Weighted Daily Average			717	9.72	1191	102.93
% of Calories				12.20%		57.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/14/2018

Reimbursable Meal Total 585

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001349 Pizza, Pepperoni Big Daddy *	Slice	309	410	7.00	580	43.00
000588 Lasagna (trayline)	1/24th	276	427	7.13	408	40.71
000715 Texas Toast	Each	276	90	0.50	190	15.00
000905 Salad Garden Winter	Serving-1 cup	140	13	0.00	11	2.65
001442 Cucumber & Tomatoes	1/2 Cup	35	82	0.03	192	13.00

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)	Carb (g)
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	0.00	3	6.72
001053 CARROTS:frozen, boiled	1/2 cup	50	106	1.76	101	17.09
000337 Assorted Fresh Fruit-2014	Servings	140	59	0.05	3	15.11
000338 Assorted Juice	1 each	340	60	0.00	4	14.05
000305 Peaches, Diced (Indiv)	Each	60	64	0.00	0	15.08
000184 Pudding, Vanilla w/ chocolate	1/2 cup	275	147	0.93	125	33.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	85	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	175	66	0.00	189	9.45
Weighted Daily Average			729	8.01	889	102.53
% of Calories				9.89%		56.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/15/2018

Reimbursable Meal Total 585

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	565	356	1.00	766	42.00
000861 Pork BBQ-HS*	Sandwich (4oz)	20	319	2.21	786	39.68

Planned Menu Spreadsheet

Logansport School Corporation

Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001390 Potatoes, Shoestring Fries LM*	1/2 Cup	585	173	1.52	203	27.43
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	126	0.18	77	24.33
000180 LETTUCE & TOMATO:Shred/diced	Serving	400	13	0.02	6	2.82
001064 CARROT STICKS	1/2 CUP	75	36	0.03	61	8.42
000338 Assorted Juice	1 each	400	60	0.00	4	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	150	78	0.01	8	20.39
000385 Assorted Fresh Fruit (2)	1 each	300	67	0.06	1	17.37
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	450	100	1.00	80	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	390	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	95	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	75	100	1.50	120	11.00
001083 Ketchup	TBSP	585	20	0.00	50	4.03
001047 Assorted Condiments	each	565	37	0.00	97	7.10
Weighted Daily Average			884	3.59	1353	140.04
% of Calories				3.65%		63.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/16/2018

Reimbursable Meal Total 525

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)	Carb (g)
001348 Cheeseburger Bacon BBQ	Sandwich	400	444	9.67	1386	35.34
000947 Fish Filet-(2.5M/2.5G)*	Each	125	398	3.27	617	41.01
001512 Tater Tots	1/2 CUP	515	134	0.89	321	16.95
001613 BROCCOLI: frozen, boiled	1/2 Cup	10	62	0.70	191	5.33
001065 Asst. Fresh Vegetables(1/2)	1/2 c	70	30	0.08	73	5.83
000787 Baked Beans-NEW	1/2 CUP	25	129	0.09	154	29.11
000338 Assorted Juice	1 each	350	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	3	15.11
001611 Strawberries & Blueberries (2)	1/2 Cup	200	106	0.02	6	28.28
000833 MILK - CHOCOLATE SKIM	HALF PINT	375	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	80	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	40	100	1.50	120	11.00
001082 Ketchup/Mustard	each	515	26	0.00	79	5.09
001083 Ketchup	TBSP	515	20	0.00	50	4.03
Weighted Daily Average			818	9.18	1828	106.45
% of Calories				10.10%		52.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/19/2018

Reimbursable Meal Total 450

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	370	356	4.00	724	42.00
001095 Tenderloin on Bun*16	each	80	400	4.50	520	37.00
001591 Pasta Salad, Ranch	1/2 cup	190	200	2.25	196	21.07
000916 Cauliflower w/Cheese	1/2 cup	190	35	0.04	119	6.97
001064 CARROT STICKS	1/2 CUP	90	36	0.03	61	8.42
000887 Salad Garden-HS	Serving-1 cup	175	10	0.00	7	1.99
000959 Assorted Canned Fruit	1/2 Cup	100	66	0.01	5	17.31
000338 Assorted Juice	1 each	400	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	200	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	450	66	0.00	189	9.45
001082 Ketchup/Mustard	each	450	26	0.00	79	5.09
Weighted Daily Average			768	5.24	1268	111.76
% of Calories				6.14%		58.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/20/2018

Reimbursable Meal Total 475

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001337 Chicken and Noodles-HS*	8oz Spoodle	475	294	2.12	431	26.16
000611 Mashed Potatoes	1/2 cup	475	80	0.00	369	17.12
001502 PEAS: frozen,boiled	1/2 CUP	60	79	0.87	76	11.41
001480 CUCUMBER,RAW (1/2C)	1/2 Cup	50	13	0.03	2	3.14
000925 CELERY STICKS	1/2 Cup	25	11	0.02	56	2.16
000337 Assorted Fresh Fruit-2014	Servings	90	59	0.05	3	15.11
000338 Assorted Juice	1 each	400	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	115	66	0.01	5	17.31
000411 Brownie (Secondary) w/icing	1/80th	425	129	0.80	102	23.48
000996 Roll, Wheat Dinner-14 (Rich's)	1 each	400	160	0.50	220	24.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	350	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	45	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	400	66	0.00	189	9.45
Weighted Daily Average			872	3.53	1410	131.32
% of Calories				3.64%		60.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Wednesday - 03/21/2018

Reimbursable Meal Total 575

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001122 Taco Salad	1 Each	0	1525	18.49	1220	132.62
000388 Burrito*	1 Each	145	415	8.64	663	43.28
990032 SPANISH RICE *RESIZED*	1/2 CUP	410	112	0.30	194	21.33
000271 CORN: frozen, yellow	1/2 cup	0	73	0.70	14	14.41
000879 Lettuce,Iceburg,Shredded-1/4C	1/4 Cup	190	2	0.00	1	0.33
000643 Tomatoes, Grape	1/2 cup	40	13	0.00	0	2.67
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	3	6.72
000338 Assorted Juice	1 each	450	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	120	59	0.05	3	15.11
001353 Assorted Canned Fruit	1/2 Cup	195	66	0.01	5	17.31
000354 Rice Krispie Treat, Mini	Each	390	46	0.00	41	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	385	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	80	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	85	100	1.50	120	11.00
001043 Salsa	1/4 Cup	120	40	0.00	280	8.00
001170 Sour Cream, Lite	2 Tbsp	100	30	1.00	35	3.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
Weighted Daily Average			423	2.80	572	73.10
% of Calories				5.96%		69.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/22/2018

Reimbursable Meal Total 490

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001446 Flatbread, Chicken/Bacon/Ranch	Each	430	598	11.37	1023	28.75
001346 BBQ Rib Sandwich-HS*	1 Each	60	360	4.50	943	41.09
001161 Potato Wedges Seas. #C-27 LW	1/2 C	0	167	3.21	270	23.13
001249 California Vegetable Blend	1/2 cup	20	42	0.81	54	5.58
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.18	77	24.33
001065 Asst. Fresh Vegetables(1/2)	1/2 c	80	30	0.08	73	5.83
000385 Assorted Fresh Fruit (2)	1 each	190	67	0.06	1	17.37
000338 Assorted Juice	1 each	400	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	210	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	340	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	55	100	1.50	120	11.00
001083 Ketchup	TBSP	490	20	0.00	50	4.03
001150 Dressing, Buttermilk, Red-Cal	TBSP	390	33	0.00	94	4.72
001150 Dressing, Buttermilk, Red-Cal	TBSP	80	33	0.00	94	4.72
Weighted Daily Average			839	10.78	1333	84.59
% of Calories				11.56%		40.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/23/2018

Reimbursable Meal Total 570

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	545	356	1.00	766	42.00
000947 Fish Filet-(2.5M/2.5G)*	Each	25	398	3.27	617	41.01
001301 Potatoes, Baby Bakers	1/2 Cup	570	100	0.00	180	17.00
000256 BROCCOLI,raw: fresh	1/2 Cup	25	15	0.02	15	2.92
000792 Black Bean Salad	2/3 CUP	25	200	0.75	280	32.94
000034 LETTUCE &TOMATO:1/4 C &2 slice	1/4 C,2 slc	200	7	0.01	3	1.34
001065 Asst. Fresh Vegetables(1/2)	1/2 c	60	30	0.08	73	5.83
001163 Applesauce, Rosy	1/2 cup	525	65	0.00	24	16.68

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000338 Assorted Juice	1 each	340	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	150	66	0.01	5	17.31
000385 Assorted Fresh Fruit (2)	1 each	95	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001186 Tartar Sauce	pkt.	20	42	0.60	100	3.00
001083 Ketchup	TBSP	545	20	0.00	50	4.03
000601 Ice Cream Sundae	1 each	520	112	0.61	78	22.13
Weighted Daily Average			800	1.79	1230	131.28
% of Calories				2.01%		65.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/26/2018

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001295 Hot Dogs-2	Serving of 2	50	566	10.00	1552	42.00
000885 Pepper Jack Cheeseburger-HS	Each	350	343	7.13	730	28.89
000787 Baked Beans-NEW	1/2 CUP	190	129	0.09	154	29.11

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)	Carb (g)
000958 GREEN BEANS: canned,cooked	1/2 Cup	250	42	0.73	284	6.21
001064 CARROT STICKS	1/2 CUP	60	36	0.03	61	8.42
000305 Peaches, Diced (Indiv)	Each	145	64	0.00	0	15.08
000338 Assorted Juice	1 each	350	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	3	15.11
001387 Cookie, M&M, WG, LF#4912, 1/4G	Cookie	380	100	1.00	80	17.00
001082 Ketchup/Mustard	each	400	26	0.00	79	5.09
000833 MILK - CHOCOLATE SKIM	HALF PINT	315	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	50	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
Weighted Daily Average			782	9.02	1414	111.76
% of Calories				10.38%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/27/2018

Reimbursable Meal Total 545

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000883 Chicken Tenders-HS w/ Breadst*	Serving (3)	515	401	4.06	634	32.00
001351 Shrimp, Poppers w/ Breadstick	Serving	30	421	4.68	822	46.62

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)	Carb (g)
000611 Mashed Potatoes	1/2 cup	545	80	0.00	369	17.12
001208 Gravy, Chix Trio	1 oz	425	19	0.00	134	3.89
001086 Broccoli w/ Cheese	#8 Scoop	150	48	0.02	162	9.33
000925 CELERY STICKS	1/2 Cup	40	11	0.02	56	2.16
000337 Assorted Fresh Fruit-2014	Servings	135	59	0.05	3	15.11
000338 Assorted Juice	1 each	380	60	0.00	4	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	100	78	0.01	8	20.39
990028 Pudding, Choc, Milk, Cnd RTU *RESIZED*	1/4 cup	240	75	0.50	65	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	400	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	75	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	60	100	1.50	120	11.00
001120 Barbecue Sauce	1 oz	300	1	0.00	8	0.25
001083 Ketchup	TBSP	250	20	0.00	50	4.03
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
Weighted Daily Average			738	4.50	1403	100.72
% of Calories				5.49%		54.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/28/2018

Reimbursable Meal Total 575

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)	Carb (g)
001376 Wrap, Turkey /Ham Ranch	Roll-Up	400	493	7.69	1296	36.63
001096 Tenderloin on Bun-HS*	1 Each	175	410	4.50	610	40.00
001124 Potatoes, Waffle Fries LM D23*	1/2 cup	575	213	2.67	413	25.33
000439 PEAS & CARROTS: frozen,boiled	1/2 cups	25	62	0.09	111	12.24
000888 TOMATOES, CHERRY	1/2 CUP	60	13	0.02	4	2.90
001648 Peas, Sugar Snap-HS	1/2 C	30	13	0.01	1	2.38
000337 Assorted Fresh Fruit-2014	Servings	90	59	0.05	3	15.11
000338 Assorted Juice	1 each	360	60	0.00	4	14.05
001051 Blushed Pears	1/2c	190	92	0.00	15	22.99
000833 MILK - CHOCOLATE SKIM	HALF PINT	450	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	90	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	65	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	140	66	0.00	189	9.45
001047 Assorted Condiments	each	500	37	0.00	97	7.10
001083 Ketchup	TBSP	500	20	0.00	50	4.03
Weighted Daily Average			945	9.57	1862	115.02
% of Calories				9.11%		48.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Planned Menu Spreadsheet

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Thursday - 03/29/2018

Reimbursable Meal Total 535

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001325 Chicken Fillet Sandwich, WG *	Sandwich	490	356	1.00	766	42.00
000571 Country Fried Steak Sandwich	Sandwich	45	450	4.50	590	48.00
000840 Potato, Sweet Fries	1/2 CUP	250	97	0.00	140	16.86
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	200	7	0.01	3	1.34
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	126	0.18	77	24.33
001308 Jicama Sticks-1/2 C	1/2 Cup	30	28	0.00	3	6.72
000338 Assorted Juice	1 each	360	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	80	66	0.01	5	17.31
000688 Assorted Fresh Fruit (pears)	1 each	200	45	0.04	0	11.55
001226 Ice Cream Sandwich	1 each	350	82	1.03	51	17.49
001047 Assorted Condiments	each	535	37	0.00	97	7.10
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	189	9.45
000833 MILK - CHOCOLATE SKIM	HALF PINT	430	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	0.00	120	22.00

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)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	30	100	1.50	120	11.00
Weighted Daily Average			693	2.09	1135	107.87
% of Calories				2.71%		62.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/30/2018

Reimbursable Meal Total 450

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000860 Nachos with Ground Beef 2012-H	EACH	420	494	8.35	876	46.75
000947 Fish Filet-(2.5M/2.5G)*	Each	30	398	3.27	617	41.01
000271 CORN: frozen, yellow	1/2 cup	285	73	0.70	14	14.41
001043 Salsa	1/4 Cup	95	40	0.00	280	8.00
001065 Asst. Fresh Vegetables(1/2)	1/2 c	100	30	0.08	73	5.83
000792 Black Bean Salad	2/3 CUP	25	200	0.75	280	32.94
000008 REFRIED BEANS: canned	1/2 Cup	75	128	1.53	542	16.90
001611 Strawberries & Blueberries (2)	1/2 Cup	240	106	0.02	6	28.28
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	1	17.37
000338 Assorted Juice	1 each	450	60	0.00	4	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	330	110	0.00	180	20.00

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)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	120	11.00
001170 Sour Cream, Lite	2 Tbsp	160	30	1.00	35	3.00
001198 PEPPERS,JALEPEN0,CN D,DRND	serving	400	3	0.01	105	0.53
001186 Tartar Sauce	pkt.	30	42	0.60	100	3.00
001083 Ketchup	TBSP	30	20	0.00	50	4.03
Weighted Daily Average			833	9.31	1329	116.34
% of Calories				10.06%		55.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**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.