

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

**Menu Name:** High School Berry Basket  
**Site:** 7 - Logansport High School

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

**Thursday - 03/01/2018**

**Reimbursable Meal Total 160**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	35	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	85	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	40	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	160	12	0.05	126	1.97
001306 Assorted Condiments-BB	Each	160	189	2.79	533	8.46
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	3	6.72
000983 BROCCOLI SALAD-Rev	1/2 CUP	15	126	0.18	77	24.33
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	1	17.37
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	5	17.31
001226 Ice Cream Sandwich	1 each	120	82	1.03	51	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	85	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00

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## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001150 Dressing, Buttermilk, Red-Cal	TBSP	10	33	0.00	94	4.72
Weighted Daily Average			772	7.33	1614	97.56
% of Calories				8.55%		50.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Friday - 03/02/2018**

**Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000462 Chicken BBQ Sandwich	Sandwich	65	323	1.52	700	37.08
000613 Mozzarella Sticks, WG 2M/2.5G	Serving (6)	40	387	4.04	891	42.56
990077 Ham Salad on Bread	Sandwich	5	128	0.84	778	13.32
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
000792 Black Bean Salad	2/3 CUP	5	200	0.75	280	32.94
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	0.08	73	5.83
001611 Strawberries & Blueberries (2)	1/2 Cup	70	106	0.02	6	28.28
000385 Assorted Fresh Fruit (2)	1 each	65	67	0.06	1	17.37
000338 Assorted Juice	1 each	125	60	0.00	4	14.05
000150 Chip, Tortilla Baked Scoop	Each	105	110	0.00	125	19.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	180	20.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001047 Assorted Condiments	each	70	37	0.00	97	7.10
Weighted Daily Average			785	3.36	1184	124.76
% of Calories				3.85%		63.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Monday - 03/05/2018

### Reimbursable Meal Total 110

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000927 Bosco Breadsticks-HS*	Serving (2ea)	85	482	8.64	935	49.54
001202 Chicken Salad	1 Sandwich	5	305	1.27	612	38.64
001378 Salad Entree-HS (no beans)*	Each	20	309	2.06	226	51.22
000335 Coleslaw	1/2 cup	10	160	0.00	320	17.00
000256 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	15	2.92
001442 Cucumber & Tomatoes	1/2 Cup	25	82	0.03	192	13.00
000338 Assorted Juice	1 each	110	60	0.00	4	14.05

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000959 Assorted Canned Fruit	1/2 Cup	60	66	0.01	5	17.31
000385 Assorted Fresh Fruit (2)	1 each	45	67	0.06	1	17.37
000354 Rice Krispie Treat, Mini	Each	100	46	0.00	41	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	20	186	3.16	317	2.98
001358 Salad Meat-MS-winter	Pick 2	20	124	2.79	406	1.61
Weighted Daily Average			830	8.29	1270	115.69
% of Calories				8.99%		55.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 03/06/2018**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000910 Ham & Cheese Sand (amer-elem)	1/2 Sandwich	65	138	1.68	475	18.59
001304 Turkey & Cheese Sub-BB	1 each	55	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	927	30.15

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001305 Sandwich Fixings	Serving	105	12	0.05	126	1.97
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001638 Grab & Go Assorted	Each	15	612	7.50	881	56.21
001306 Assorted Condiments-BB	Each	125	189	2.79	533	8.46
900007 HUMMUS	1/2 CUP	5	193	1.55	397	21.39
001064 CARROT STICKS	1/2 CUP	20	36	0.03	61	8.42
000385 Assorted Fresh Fruit (2)	1 each	75	67	0.06	1	17.37
000338 Assorted Juice	1 each	125	60	0.00	4	14.05
000305 Peaches, Diced (Indiv)	Each	30	64	0.00	0	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	90	104	0.01	71	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
Weighted Daily Average			821	6.74	1621	105.46
% of Calories				7.39%		51.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

Wednesday - 03/07/2018

Reimbursable Meal Total 65

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000892 Salad Entree-HS	Each	65	20	0.00	13	3.99
001427 Salad Bar-Vegetables/Crout	Servings	65	116	0.97	250	13.31
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
000792 Black Bean Salad	2/3 CUP	10	200	0.75	280	32.94
990025 DICED HAM *RESIZED*	1.25 OZ	15	31	0.26	302	1.76
000895 Grilled Chicken Diced	1.25 oz	40	55	0.10	133	0.09
000370 EGG,DICED	1 OZ	20	45	1.00	70	1.00
001454 Cheese, Shredded	OZ	55	82	3.64	182	0.66
990024 BEANS GARBANZO ,CANNED *RESIZED*	1/2 CUP	5	120	0.46	462	20.31
001552 Breadstick, 1oz Aunt Millie's	Each	65	81	0.00	102	14.25
001430 Cookie, Frosted Sugar	Each	45	172	1.80	78	26.90
000106 Strawberry Cup (USDA*)	Serving	35	122	0.01	4	32.94
000338 Assorted Juice	1 each	40	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	40	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	40	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	120	22.00

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	120	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	65	186	3.16	317	2.98
Weighted Daily Average			1013	10.35	1423	121.98
% of Calories				9.20%		48.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 03/08/2018**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	30	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	65	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	30	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	125	12	0.05	126	1.97
001378 Salad Entree-HS (no beans)*	Each	10	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	10	124	2.79	406	1.61
001638 Grab & Go Assorted	Each	5	612	7.50	881	56.21
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	3.16	317	2.98
001306 Assorted Condiments-BB	Each	145	189	2.79	533	8.46
001308 Jicama Sticks-1/2 C	1/2 Cup	5	28	0.00	3	6.72

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## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001648 Peas, Sugar Snap-HS	1/2 C	40	13	0.01	1	2.38
000385 Assorted Fresh Fruit (2)	1 each	30	67	0.06	1	17.37
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
001373 Pears w/ Cherries	1/2 cup	45	81	0.00	5	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
Weighted Daily Average			749	7.05	1598	87.35
% of Calories				8.47%		46.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Friday - 03/09/2018

**Reimbursable Meal Total 220**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001642 Calzone, W/G Buffalo Chicken (	Each	195	270	4.50	620	29.00
001604 Ham Salad on Bun	Sandwich	10	262	0.84	958	38.26
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	0.08	73	5.83
000180 LETTUCE &TOMATO:Shred/diced	Serving	80	13	0.02	6	2.82



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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000335 Coleslaw	1/2 cup	15	160	0.00	320	17.00
000338 Assorted Juice	1 each	175	60	0.00	4	14.05
001178 Apples w/ Carmel	1 Serving	115	157	0.72	91	36.46
000959 Assorted Canned Fruit	1/2 Cup	70	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	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
001082 Ketchup/Mustard	each	195	26	0.00	79	5.09
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	3.16	317	2.98
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
Weighted Daily Average			600	5.08	992	94.46
% of Calories				7.62%		63.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Monday - 03/12/2018**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001473 Cheeseburger on Bun- 2gr.Chery	EACH	90	381	6.97	635	30.01

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## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000861 Pork BBQ-HS*	Sandwich (4oz)	60	319	2.21	786	39.68
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
001155 Crackers, Goldfish,WG 1grain	1 each	90	100	1.00	170	14.00
000256 BROCCOLI,raw: fresh	1/2 Cup	20	15	0.02	15	2.92
000180 LETTUCE &TOMATO:Shred/diced	Serving	50	13	0.02	6	2.82
001310 Juice, Dragon Punch Vegetable	Each, 4oz	40	50	0.00	35	13.00
000382 Applesauce,w/cinnamon	1/2 Cup	60	65	0.00	11	16.83
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	95	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	120	11.00
001047 Assorted Condiments	each	135	37	0.00	97	7.10
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	20	66	0.00	189	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
Weighted Daily Average			781	7.09	1235	106.35
% of Calories				8.17%		54.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 03/13/2018**

**Reimbursable Meal Total 175**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	45	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	80	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	25	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	150	12	0.05	126	1.97
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001306 Assorted Condiments-BB	Each	150	189	2.79	533	8.46
001064 CARROT STICKS	1/2 CUP	40	36	0.03	61	8.42
000925 CELERY STICKS	1/2 Cup	10	11	0.02	56	2.16

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000385 Assorted Fresh Fruit (2)	1 each	75	67	0.06	1	17.37
000338 Assorted Juice	1 each	155	60	0.00	4	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	115	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	50	66	0.00	189	9.45
<b>Weighted Daily Average</b>			<b>735</b>	<b>6.65</b>	<b>1568</b>	<b>87.47</b>
% of Calories				8.14%		47.6%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>	

**Wednesday - 03/14/2018**

**Reimbursable Meal Total 60**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000892 Salad Entree-HS	Each	50	20	0.00	13	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	116	0.97	250	13.31
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
990025 DICED HAM *RESIZED*	1.25 OZ	10	31	0.26	302	1.76
000895 Grilled Chicken Diced	1.25 oz	30	55	0.10	133	0.09
000370 EGG,DICED	1 OZ	15	45	1.00	70	1.00

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001454 Cheese, Shredded	OZ	30	82	3.64	182	0.66
990024 BEANS GARBANZO ,CANNED *RESIZED*	1/2 CUP	5	120	0.46	462	20.31
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	3	6.72
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	2.00	190	43.00
000184 Pudding, Vanilla w/ chocolate	1/2 cup	40	147	0.93	125	33.03
000305 Peaches, Diced (Indiv)	Each	15	64	0.00	0	15.08
000338 Assorted Juice	1 each	40	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	25	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	1.50	120	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	3.16	317	2.98
Weighted Daily Average			916	8.93	1238	115.83
% of Calories				8.77%		50.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/15/2018

Reimbursable Meal Total 135

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	80	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	15	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	115	12	0.05	126	1.97
001306 Assorted Condiments-BB	Each	115	189	2.79	533	8.46
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001638 Grab & Go Assorted	Each	5	612	7.50	881	56.21
000983 BROCCOLI SALAD-Rev	1/2 CUP	40	126	0.18	77	24.33
001064 CARROT STICKS	1/2 CUP	25	36	0.03	61	8.42
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	100	100	1.00	80	17.00
000385 Assorted Fresh Fruit (2)	1 each	85	67	0.06	1	17.37
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	55	78	0.01	8	20.39
000338 Assorted Juice	1 each	110	60	0.00	4	14.05
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00

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## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
Weighted Daily Average			853	7.07	1565	112.09
% of Calories				7.46%		52.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Friday - 03/16/2018**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001346 BBQ Rib Sandwich-HS*	1 Each	35	360	4.50	943	41.09
000613 Mozzarella Sticks, WG 2M/2.5G	Serving (6)	80	387	4.04	891	42.56
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
000792 Black Bean Salad	2/3 CUP	5	200	0.75	280	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	50	142	1.01	106	19.24
001065 Asst. Fresh Vegetables(1/2)	1/2 c	20	30	0.08	73	5.83
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	70	59	0.05	3	15.11
001611 Strawberries & Blueberries (2)	1/2 Cup	55	106	0.02	6	28.28
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	180	20.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001358 Salad Meat-MS-winter	Pick 2	20	124	2.79	406	1.61
001481 Dressing, Ranch Pkt, Marzetti	Pkt	17	195	3.42	313	1.95
001482 Dressing, Italian, Pkt	Pkt	2	20	0.00	720	2.00
001483 Dressing, Applesauce French	2oz	1	123	0.01	266	30.02
Weighted Daily Average			726	5.65	1161	103.75
% of Calories				7.00%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Monday - 03/19/2018**

**Reimbursable Meal Total 95**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001220 Corn Dog, WG 4oz (2/2)	Each	57	243	2.53	395	30.37
001202 Chicken Salad	1 Sandwich	8	305	1.27	612	38.64
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001638 Grab & Go Assorted	Each	15	612	7.50	881	56.21



# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001591 Pasta Salad, Ranch	1/2 cup	85	200	2.25	196	21.07
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	15	2.92
001064 CARROT STICKS	1/2 CUP	25	36	0.03	61	8.42
000337 Assorted Fresh Fruit-2014	Servings	40	59	0.05	3	15.11
000338 Assorted Juice	1 each	85	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	50	66	0.01	5	17.31
000833 MILK - CHOCOLATE SKIM	HALF PINT	60	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	5	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	240	3.00
001082 Ketchup/Mustard	each	57	26	0.00	79	5.09
Weighted Daily Average			849	7.04	1072	110.89
% of Calories				7.46%		52.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Tuesday - 03/20/2018**

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	724	32.17

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001304 Turkey & Cheese Sub-BB	1 each	80	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	120	12	0.05	126	1.97
001306 Assorted Condiments-BB	Each	120	189	2.79	533	8.46
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
001638 Grab & Go Assorted	Each	15	612	7.50	881	56.21
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
000925 CELERY STICKS	1/2 Cup	5	11	0.02	56	2.16
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	10	40	0.01	96	6.01
900017 POTATO SALAD	2/3 CUP	20	123	0.52	304	18.09
000337 Assorted Fresh Fruit-2014	Servings	75	59	0.05	3	15.11
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
000411 Brownie (Secondary) w/icing	1/80th	95	129	0.80	102	23.48
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	120	22.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	35	100	1.50	120	11.00
Weighted Daily Average			844	7.14	1612	105.59
% of Calories				7.61%		50.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

### Wednesday - 03/21/2018

Reimbursable Meal Total 60

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000892 Salad Entree-HS	Each	50	20	0.00	13	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	116	0.97	250	13.31
001638 Grab & Go Assorted	Each	10	612	7.50	881	56.21
990025 DICED HAM *RESIZED*	1.25 OZ	10	31	0.26	302	1.76
000895 Grilled Chicken Diced	1.25 oz	30	55	0.10	133	0.09
000370 EGG,DICED	1 OZ	15	45	1.00	70	1.00
001454 Cheese, Shredded	OZ	30	82	3.64	182	0.66
990024 BEANS GARBANZO ,CANNED *RESIZED*	1/2 CUP	5	120	0.46	462	20.31
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	2.00	190	43.00
000106 Strawberry Cup (USDA*)	Serving	30	122	0.01	4	32.94
000337 Assorted Fresh Fruit-2014	Servings	35	59	0.05	3	15.11

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000338 Assorted Juice	1 each	40	60	0.00	4	14.05
001430 Cookie, Frosted Sugar	Each	35	172	1.80	78	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	1.50	120	11.00
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	3.16	317	2.98
Weighted Daily Average			968	9.37	1202	123.59
% of Calories				8.71%		51.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/22/2018

Reimbursable Meal Total 130

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	20	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	70	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	20	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	130	12	0.05	126	1.97
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001638 Grab & Go Assorted	Each	5	612	7.50	881	56.21
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001306 Assorted Condiments-BB	Each	110	189	2.79	533	8.46
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	2.38
001373 Pears w/ Cherries	1/2 cup	40	81	0.00	5	20.44
000338 Assorted Juice	1 each	110	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	50	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	20	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	10	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
<b>Weighted Daily Average</b>			<b>744</b>	<b>6.35</b>	<b>1562</b>	<b>89.83</b>
% of Calories				7.68%		48.3%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>	

**Friday - 03/23/2018**

**Reimbursable Meal Total 140**

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000434 Calzone, Pepperoni	Each	90	340	5.00	510	35.00
000571 Country Fried Steak Sandwich	Sandwich	20	450	4.50	590	48.00
001378 Salad Entree-HS (no beans)*	Each	10	309	2.06	226	51.22
001638 Grab & Go Assorted	Each	20	612	7.50	881	56.21
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	75	142	1.01	106	19.24
000792 Black Bean Salad	2/3 CUP	10	200	0.75	280	32.94
001065 Asst. Fresh Vegetables(1/2)	1/2 c	20	30	0.08	73	5.83
000959 Assorted Canned Fruit	1/2 Cup	25	66	0.01	5	17.31
000338 Assorted Juice	1 each	100	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	40	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	80	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	25	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
001047 Assorted Condiments	each	20	37	0.00	97	7.10
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	10	186	3.16	317	2.98
001358 Salad Meat-MS-winter	Pick 2	10	124	2.79	406	1.61

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000601 Ice Cream Sundae	1 each	140	112	0.61	78	22.13
Weighted Daily Average			795	6.90	927	112.63
% of Calories				7.81%		56.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Monday - 03/26/2018**

**Reimbursable Meal Total 175**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001346 BBQ Rib Sandwich-HS*	1 Each	35	360	4.50	943	41.09
001453 Chicken Bacon Club-MS	1 Sandwich	125	312	0.90	710	26.89
000034 LETTUCE & TOMATO:1/4 C & 2 slice	1/4 C,2 slc	125	7	0.01	3	1.34
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
000926 Baked Potato chips, Lays	EACH	115	100	0.00	115	20.00
001064 CARROT STICKS	1/2 CUP	25	36	0.03	61	8.42
001310 Juice, Dragon Punch Vegetable	Each, 4oz	30	50	0.00	35	13.00
000305 Peaches, Diced (Indiv)	Each	50	64	0.00	0	15.08
000338 Assorted Juice	1 each	145	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	45	59	0.05	3	15.11
001387 Cookie, M&M, WG, LF#4912, 1/4G	Cookie	140	100	1.00	80	17.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	120	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	5	100	1.50	120	11.00
001082 Ketchup/Mustard	each	55	26	0.00	79	5.09
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
<b>Weighted Daily Average</b>			<b>715</b>	<b>3.10</b>	<b>1133</b>	<b>104.64</b>
% of Calories				3.90%		58.5%
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1420</b>	

**Tuesday - 03/27/2018**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	25	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	80	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	15	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	140	12	0.05	126	1.97
001306 Assorted Condiments-BB	Each	145	189	2.79	533	8.46



# Planned Menu Spreadsheet

Logansport School Corporation

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001584 Grab & Go Cheese Curds	Each	5	658	13.24	918	47.38
000925 CELERY STICKS	1/2 Cup	30	11	0.02	56	2.16
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	30	78	0.01	8	20.39
000337 Assorted Fresh Fruit-2014	Servings	100	59	0.05	3	15.11
000338 Assorted Juice	1 each	125	60	0.00	4	14.05
001151 Pudding, Choc, Milk, Cnd RTU	1/2 cup	100	150	1.00	130	28.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	90	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	189	9.45
Weighted Daily Average			892	7.69	1742	113.63
% of Calories				7.76%		51.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/28/2018

Reimbursable Meal Total 50

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000892 Salad Entree-HS	Each	50	20	0.00	13	3.99
001427 Salad Bar-Vegetables/Crout	Servings	50	116	0.97	250	13.31
990025 DICED HAM *RESIZED*	1.25 OZ	10	31	0.26	302	1.76
000895 Grilled Chicken Diced	1.25 oz	30	55	0.10	133	0.09
000370 EGG,DICED	1 OZ	15	45	1.00	70	1.00
001454 Cheese, Shredded	OZ	30	82	3.64	182	0.66
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	2.38
990024 BEANS GARBANZO ,CANNED *RESIZED*	1/2 CUP	5	120	0.46	462	20.31
001377 Bread Slice, Wild Berry (2 WG)	Slice	40	270	2.00	190	43.00
001051 Blushed Pears	1/2c	30	92	0.00	15	22.99
000338 Assorted Juice	1 each	40	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	40	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	35	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	10	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	2	100	1.50	120	11.00

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	50	186	3.16	317	2.98
Weighted Daily Average			911	8.48	1219	114.49
% of Calories				8.38%		50.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Thursday - 03/29/2018**

**Reimbursable Meal Total 160**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001303 Ham & Cheese Sub-BB (2 Grain)	SANDWICH	35	284	4.92	724	32.17
001304 Turkey & Cheese Sub-BB	1 each	85	284	1.77	690	29.01
001302 Cold Cut Sub-BB	Sandwich	40	336	5.72	927	30.15
001305 Sandwich Fixings	Serving	160	12	0.05	126	1.97
001306 Assorted Condiments-BB	Each	160	189	2.79	533	8.46
001308 Jicama Sticks-1/2 C	1/2 Cup	10	28	0.00	3	6.72
000983 BROCCOLI SALAD-Rev	1/2 CUP	15	126	0.18	77	24.33
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000688 Assorted Fresh Fruit (pears)	1 each	45	45	0.04	0	11.55
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	5	17.31
001226 Ice Cream Sandwich	1 each	120	82	1.03	51	17.49

# Planned Menu Spreadsheet

## Portion Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000833 MILK - CHOCOLATE SKIM	HALF PINT	85	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
001150 Dressing, Buttermilk, Red-Cal	TBSP	10	33	0.00	94	4.72
Weighted Daily Average			764	7.32	1613	95.38
% of Calories				8.62%		49.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

**Friday - 03/30/2018**

**Reimbursable Meal Total 125**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
001296 Spicy Chicken Sandwich-HS, 2*	Sandwich	70	356	4.00	724	42.00
000613 Mozzarella Sticks, WG 2M/2.5G	Serving (6)	40	387	4.04	891	42.56
001378 Salad Entree-HS (no beans)*	Each	15	309	2.06	226	51.22
000792 Black Bean Salad	2/3 CUP	5	200	0.75	280	32.94
001065 Asst. Fresh Vegetables(1/2)	1/2 c	40	30	0.08	73	5.83
001611 Strawberries & Blueberries (2)	1/2 Cup	70	106	0.02	6	28.28
000385 Assorted Fresh Fruit (2)	1 each	65	67	0.06	1	17.37
000338 Assorted Juice	1 each	125	60	0.00	4	14.05

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Carb (g)
000150 Chip, Tortilla Baked Scoop	Each	145	110	0.00	125	19.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	100	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	30	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
001358 Salad Meat-MS-winter	Pick 2	15	124	2.79	406	1.61
000896 DRESSING, SALAD, ASSORTED-HS	SERVING	15	186	3.16	317	2.98
001047 Assorted Condiments	each	70	37	0.00	97	7.10
Weighted Daily Average			847	4.77	1234	134.55
% of Calories				5.07%		63.5%
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

**<sup>1</sup>** - denotes required nutrient values

**<sup>2</sup>** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.