

Planned Menu Spreadsheet

Logansport School Corporation

Portion Values

Mar 1, 2018 thru Mar 30, 2018

Menu Name: HS Pasta/Pizza Line
Site: 7 - Logansport High School

Include Cost: No
Report Style: Detailed

Thursday - 03/01/2018

Reimbursable Meal Total 225

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001020 Pizza,Sausage, Smart, 100% Moz	1 piece	160	290	4.50	590	35.00
000889 Baked Rotini - commodity*	1/24th	60	308	3.93	367	36.18
000887 Salad Garden-HS	Serving-1 cup	50	10	0.00	7	1.99
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.18	77	24.33
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72
000338 Assorted Juice	1 each	160	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	5	17.31
000385 Assorted Fresh Fruit (2)	1 each	80	67	0.06	1	17.37
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	187	16.27
001226 Ice Cream Sandwich	1 each	200	82	1.03	51	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	150	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	240	3.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
Weighted Daily Average			622	6.01	833	97.43
% of Calories				8.70%		62.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/02/2018

Reimbursable Meal Total 185

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	76	408	6.94	729	44.52
001271 Spaghetti (Pasta Line)	1 serving	0	322	1.41	600	55.52
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	50	30	0.08	73	5.83
000792 Black Bean Salad	2/3 CUP	5	200	0.75	280	32.94
001200 Bread, Garlic (Pasta Line)	1 Each	109	106	1.22	187	16.27
001611 Strawberries & Blueberries (2)	1/2 Cup	90	106	0.02	6	28.28
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	80	67	0.06	1	17.37
000150 Chip, Tortilla Baked Scoop	Each	95	110	0.00	125	19.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	120	110	0.00	180	20.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000834 MILK - STRAWBERRY SKIM	HALF PINT	35	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	15	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	50	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	189	9.45
Weighted Daily Average			582	4.31	754	92.93
% of Calories				6.66%		63.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/05/2018

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001563 Pizza, Big Daddy Buffal #78639	Slice (1/8th)	125	260	4.50	510	24.00
000067 Rotini w/ Sauce-commodity	SERVING	75	364	4.14	435	41.52
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	50	17	0.01	8	3.47
000335 Coleslaw	1/2 cup	20	160	0.00	320	17.00
000256 BROCCOLI,raw: fresh	1/2 Cup	25	15	0.02	15	2.92
001442 Cucumber & Tomatoes	1/2 Cup	45	82	0.03	192	13.00
001200 Bread, Garlic (Pasta Line)	1 Each	75	106	1.22	187	16.27
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	5	17.31

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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	160	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	1	17.37
000354 Rice Krispie Treat, Mini	Each	200	46	0.00	41	8.29
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	45	66	0.00	189	9.45
Weighted Daily Average			672	5.35	904	97.37
% of Calories				7.17%		58.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/06/2018

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001404 Pizza 5" Lunch aRound Pepp 2M/	Each	130	330	6.00	540	38.00
000779 Chicken Alfredo-Pasta line	1 cup	70	558	13.48	536	48.11
001200 Bread, Garlic (Pasta Line)	1 Each	85	106	1.22	187	16.27
000887 Salad Garden-HS	Serving-1 cup	35	10	0.00	7	1.99

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001596 Carrot/Celery Sticks (1/2c)	Portion (1/2C)	25	30	0.05	112	6.33
900007 HUMMUS	1/2 CUP	20	193	1.55	397	21.39
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	1	17.37
000338 Assorted Juice	1 each	165	60	0.00	4	14.05
000305 Peaches, Diced (Indiv)	Each	115	64	0.00	0	15.08
001119 Cinnamon Sweet Roll Dough,SM*	1 serving	130	104	0.01	71	22.46
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	35	150	2.00	240	3.00
990013 Dressing, Buttermilk, Red-Cal *RESIZED*	2 TBSP	25	66	0.00	189	9.45
Weighted Daily Average			806	9.87	940	115.26
% of Calories				11.02%		57.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/07/2018

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	80	375	6.00	620	44.52

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Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000202 Pepper Jack Cheesy Mac	Cup	95	492	13.57	663	37.92
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
000792 Black Bean Salad	2/3 CUP	10	200	0.75	280	32.94
001064 CARROT STICKS	1/2 CUP	25	36	0.03	61	8.42
001200 Bread, Garlic (Pasta Line)	1 Each	95	106	1.22	187	16.27
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	45	59	0.05	3	15.11
000106 Strawberry Cup (USDA*)	Serving	90	122	0.01	4	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	50	142	1.01	106	19.24
001430 Cookie, Frosted Sugar	Each	155	172	1.80	78	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	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	15	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
Weighted Daily Average			980	13.19	1112	136.05
% of Calories				12.11%		55.5%
Weekly Nutrient Guideline			750 - 850	<10	1420	

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Thursday - 03/08/2018

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001349 Pizza, Pepperoni Big Daddy *	Slice	145	410	7.00	580	43.00
001263 Baked Spaghetti	1/24th Square	65	322	3.90	357	38.47
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	65	106	1.22	187	16.27
001648 Peas, Sugar Snap-HS	1/2 C	45	13	0.01	1	2.38
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	0.00	3	6.72
000385 Assorted Fresh Fruit (2)	1 each	90	67	0.06	1	17.37
000338 Assorted Juice	1 each	150	60	0.00	4	14.05
001373 Pears w/ Cherries	1/2 cup	90	81	0.00	5	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00

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Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	45	66	0.00	189	9.45
Weighted Daily Average			672	6.87	801	95.69
% of Calories				9.20%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/09/2018

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	116	408	6.94	729	44.52
000588 Lasagna (trayline)	1/24th	84	427	7.13	408	40.71
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	55	17	0.01	8	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	55	30	0.08	73	5.83
001200 Bread, Garlic (Pasta Line)	1 Each	70	106	1.22	187	16.27
000335 Coleslaw	1/2 cup	20	160	0.00	320	17.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
001178 Apples w/ Carmel	1 Serving	90	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	125	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	45	120	0.00	120	22.00

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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	20	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	55	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	55	66	0.00	189	9.45
Weighted Daily Average			777	8.50	1029	105.74
% of Calories				9.85%		54.4%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/12/2018

Reimbursable Meal Total 205

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
990076 DEEP DISH 5" CHEESE PIZZA LOW SODIUM CN	EACH	165	300	2.50	420	38.00
001271 Spaghetti (Pasta Line)	1 serving	40	322	1.41	600	55.52
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
001155 Crackers, Goldfish,WG 1grain	1 each	140	100	1.00	170	14.00
000256 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	15	2.92
001310 Juice, Dragon Punch Vegetable	Each, 4oz	50	50	0.00	35	13.00
001200 Bread, Garlic (Pasta Line)	1 Each	40	106	1.22	187	16.27
000338 Assorted Juice	1 each	125	60	0.00	4	14.05
000382 Applesauce,w/cinnamon	1/2 Cup	55	65	0.00	11	16.83

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Mar 1, 2018 thru Mar 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
000688 Assorted Fresh Fruit (pears)	1 each	50	45	0.04	0	11.55
000833 MILK - CHOCOLATE SKIM	HALF PINT	140	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	15	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
Weighted Daily Average			607	3.62	828	93.83
% of Calories				5.37%		61.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/13/2018

Reimbursable Meal Total 260

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	175	408	6.94	729	44.52
001603 Macaroni, Ham, Cheese	CUP	85	294	5.21	992	30.11
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	75	17	0.01	8	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	85	106	1.22	187	16.27
001064 CARROT STICKS	1/2 CUP	30	36	0.03	61	8.42
000925 CELERY STICKS	1/2 Cup	20	11	0.02	56	2.16

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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	200	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	80	66	0.01	5	17.31
000385 Assorted Fresh Fruit (2)	1 each	100	67	0.06	1	17.37
000833 MILK - CHOCOLATE SKIM	HALF PINT	175	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	75	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	50	66	0.00	189	9.45
Weighted Daily Average			655	7.47	1140	88.97
% of Calories				10.26%		54.3%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/14/2018

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001428 Cheese Pizza Big Daddy's, wg #	Slice	120	400	7.00	440	43.00
000200 Cheesy Chicken Enchiladas	Each	90	272	5.72	896	23.61
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	75	17	0.01	8	3.47

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)
001200 Bread, Garlic (Pasta Line)	1 Each	90	106	1.22	187	16.27
000338 Assorted Juice	1 each	175	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	85	59	0.05	3	15.11
000437 PEACHES: canned,light syrup	1/2 cup	65	71	0.00	7	19.01
000184 Pudding, Vanilla w/ chocolate	1/2 cup	125	147	0.93	125	33.03
000833 MILK - CHOCOLATE SKIM	HALF PINT	145	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	10	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	75	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
Weighted Daily Average			747	8.34	1055	107.55
% of Calories				10.05%		57.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/15/2018

Reimbursable Meal Total 155

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001618 Pizza, Fresh Baked Meat	Slice (1/8th)	70	452	7.94	921	44.89
001580 Orange Chicken (Ling's)	Serving (3.6oz)	85	150	0.50	280	19.00

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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)
000198 RICE,Whole Grain	1/2 cup	85	105	0.04	126	22.08
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	60	17	0.01	8	3.47
000983 BROCCOLI SALAD-Rev	1/2 CUP	5	126	0.18	77	24.33
001064 CARROT STICKS	1/2 CUP	10	36	0.03	61	8.42
000338 Assorted Juice	1 each	130	60	0.00	4	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	100	78	0.01	8	20.39
000385 Assorted Fresh Fruit (2)	1 each	80	67	0.06	1	17.37
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	0	100	1.00	80	17.00
001200 Bread, Garlic (Pasta Line)	1 Each	85	106	1.22	187	16.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	105	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	10	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	60	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	10	66	0.00	189	9.45
Weighted Daily Average			717	5.47	1018	108.59
% of Calories				6.87%		60.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/16/2018

Reimbursable Meal Total 210

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001404 Pizza 5" Lunch aRound Pepp 2M/	Each	70	330	6.00	540	38.00
000779 Chicken Alfredo-Pasta line	1 cup	140	558	13.48	536	48.11
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	40	17	0.01	8	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	25	30	0.08	73	5.83
000792 Black Bean Salad	2/3 CUP	25	200	0.75	280	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	75	142	1.01	106	19.24
001200 Bread, Garlic (Pasta Line)	1 Each	140	106	1.22	187	16.27
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	3	15.11
000338 Assorted Juice	1 each	145	60	0.00	4	14.05
001611 Strawberries & Blueberries (2)	1/2 Cup	75	106	0.02	6	28.28
001330 Choc Chip Cookie, WG 1/2 gr*	Cookie	200	100	1.00	80	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	140	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	240	3.00

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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	25	66	0.00	189	9.45
Weighted Daily Average			972	13.74	1037	130.44
% of Calories				12.72%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/19/2018

Reimbursable Meal Total 220

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001563 Pizza, Big Daddy Buffal #78639	Slice (1/8th)	120	260	4.50	510	24.00
001585 Rotini w/ Sauce-2000 Sauce	SERVING	100	266	1.76	342	40.46
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	75	17	0.01	8	3.47
001591 Pasta Salad, Ranch	1/2 cup	50	200	2.25	196	21.07
001064 CARROT STICKS	1/2 CUP	50	36	0.03	61	8.42
001386 BROCCOLI,raw: fresh	1/2 Cup	15	15	0.02	15	2.92
001200 Bread, Garlic (Pasta Line)	1 Each	100	106	1.22	187	16.27
000338 Assorted Juice	1 each	150	60	0.00	4	14.05
000959 Assorted Canned Fruit	1/2 Cup	60	66	0.01	5	17.31
000337 Assorted Fresh Fruit-2014	Servings	90	59	0.05	3	15.11
000833 MILK - CHOCOLATE SKIM	HALF PINT	140	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	45	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	75	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	65	66	0.00	189	9.45
Weighted Daily Average			631	5.21	877	89.73
% of Calories				7.43%		56.9%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/20/2018

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	160	375	6.00	620	44.52
001182 Cavatini	1 piece	50	329	5.72	900	29.22
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	65	17	0.01	8	3.47
001380 CUCUMBER,RAW (1/2C)	1/2 Cup	15	40	0.01	96	6.01
000925 CELERY STICKS	1/2 Cup	20	11	0.02	56	2.16
900017 POTATO SALAD	2/3 CUP	30	123	0.52	304	18.09
000337 Assorted Fresh Fruit-2014	Servings	75	59	0.05	3	15.11
000338 Assorted Juice	1 each	150	60	0.00	4	14.05

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001353 Assorted Canned Fruit	1/2 Cup	60	66	0.01	5	17.31
000411 Brownie (Secondary) w/icing	1/80th	150	129	0.80	102	23.48
001200 Bread, Garlic (Pasta Line)	1 Each	50	106	1.22	187	16.27
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	65	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	25	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	65	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	35	66	0.00	189	9.45
Weighted Daily Average			755	7.69	1119	107.29
% of Calories				9.17%		56.8%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/21/2018

Reimbursable Meal Total 175

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001618 Pizza, Fresh Baked Meat	Slice (1/8th)	80	452	7.94	921	44.89
000202 Pepper Jack Cheesy Mac	Cup	95	492	13.57	663	37.92
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
000792 Black Bean Salad	2/3 CUP	10	200	0.75	280	32.94

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)
001064 CARROT STICKS	1/2 CUP	25	36	0.03	61	8.42
001200 Bread, Garlic (Pasta Line)	1 Each	95	106	1.22	187	16.27
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
000337 Assorted Fresh Fruit-2014	Servings	45	59	0.05	3	15.11
000106 Strawberry Cup (USDA*)	Serving	90	122	0.01	4	32.94
001311 Chips, Tortilla, Mini (1GR)	Bag (1oz)	50	142	1.01	106	19.24
001430 Cookie, Frosted Sugar	Each	155	172	1.80	78	26.90
000833 MILK - CHOCOLATE SKIM	HALF PINT	110	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	15	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	40	66	0.00	189	9.45
Weighted Daily Average			1015	14.08	1250	136.22
% of Calories				12.48%		53.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/22/2018

Reimbursable Meal Total 210

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)
001349 Pizza, Pepperoni Big Daddy *	Slice	145	410	7.00	580	43.00
001263 Baked Spaghetti	1/24th Square	65	322	3.90	357	38.47
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
001200 Bread, Garlic (Pasta Line)	1 Each	65	106	1.22	187	16.27
001648 Peas, Sugar Snap-HS	1/2 C	45	13	0.01	1	2.38
001308 Jicama Sticks-1/2 C	1/2 Cup	20	28	0.00	3	6.72
000385 Assorted Fresh Fruit (2)	1 each	90	67	0.06	1	17.37
000338 Assorted Juice	1 each	150	60	0.00	4	14.05
001373 Pears w/ Cherries	1/2 cup	90	81	0.00	5	20.44
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	110	0.00	180	20.00
000834 MILK - STRAWBERRY SKIM	HALF PINT	55	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	45	66	0.00	189	9.45
Weighted Daily Average			672	6.87	801	95.69
% of Calories				9.20%		57.0%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/23/2018

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	116	375	6.00	620	44.52
001649 Italian Chicken Pasta	Cup	84	340	3.80	1459	40.90
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	55	17	0.01	8	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	55	30	0.08	73	5.83
001200 Bread, Garlic (Pasta Line)	1 Each	70	106	1.22	187	16.27
000335 Coleslaw	1/2 cup	20	160	0.00	320	17.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
001178 Apples w/ Carmel	1 Serving	90	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	125	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	55	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	55	66	0.00	189	9.45
Weighted Daily Average			721	6.55	1407	105.82
% of Calories				8.18%		58.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Monday - 03/26/2018

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	116	408	6.94	729	44.52
000588 Lasagna (trayline)	1/24th	84	427	7.13	408	40.71
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	55	17	0.01	8	3.47
001065 Asst. Fresh Vegetables(1/2)	1/2 c	55	30	0.08	73	5.83
001200 Bread, Garlic (Pasta Line)	1 Each	70	106	1.22	187	16.27
000335 Coleslaw	1/2 cup	20	160	0.00	320	17.00
000338 Assorted Juice	1 each	120	60	0.00	4	14.05
000305 Peaches, Diced (Indiv)	Each	90	64	0.00	0	15.08
000337 Assorted Fresh Fruit-2014	Servings	70	59	0.05	3	15.11
001387 Cookie, M&M, WG, LF#4912, 1/4G	Cookie	150	100	1.00	80	17.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	125	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	55	150	2.00	240	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)
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	55	66	0.00	189	9.45
Weighted Daily Average			807	8.94	1047	108.10
% of Calories				9.97%		53.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Tuesday - 03/27/2018

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001292 Pizza, French Bread Cheese, wg	Each	130	290	4.50	560	33.00
001459 Chicken, General Tso's (Yang's	Serving	70	170	0.50	361	23.00
000198 RICE, Whole Grain	1/2 cup	70	105	0.04	126	22.08
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	40	17	0.01	8	3.47
000925 CELERY STICKS	1/2 Cup	15	11	0.02	56	2.16
000337 Assorted Fresh Fruit-2014	Servings	85	59	0.05	3	15.11
000338 Assorted Juice	1 each	180	60	0.00	4	14.05
000419 FRUIT COCKTAIL:canned,lt syrup	1/2 CUP	0	78	0.01	8	20.39
990034 Bread, Garlic (Pasta Line) *RESIZED*	2 Each	70	211	2.43	374	32.54
001151 Pudding, Choc, Milk, Cnd RTU	1/2 cup	160	150	1.00	130	28.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	130	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	40	120	0.00	120	22.00
000835 MILK,LOWFAT,FLUID,1% MILKFAT,W	CARTON	20	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
Weighted Daily Average			702	5.34	995	110.75
% of Calories				6.85%		63.1%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Wednesday - 03/28/2018

Reimbursable Meal Total 210

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	150	408	6.94	729	44.52
000200 Cheesy Chicken Enchiladas	Each	60	272	5.72	896	23.61
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
000888 TOMATOES, CHERRY	1/2 CUP	10	13	0.02	4	2.90
001648 Peas, Sugar Snap-HS	1/2 C	15	13	0.01	1	2.38
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	187	16.27
000337 Assorted Fresh Fruit-2014	Servings	115	59	0.05	3	15.11
000338 Assorted Juice	1 each	90	60	0.00	4	14.05

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)
001051 Blushed Pears	1/2c	165	92	0.00	15	22.99
001320 Cheez-It W/G Crackers, .75oz	Each	210	100	1.00	150	14.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	135	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	30	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	25	66	0.00	189	9.45
Weighted Daily Average			770	8.37	1207	110.79
% of Calories				9.78%		57.6%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Thursday - 03/29/2018

Reimbursable Meal Total 225

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001557 Pizza, Fresh Baked Cheese	Slice (1/8th)	0	375	6.00	620	44.52
000889 Baked Rotini - commodity*	1/24th	60	308	3.93	367	36.18
000887 Salad Garden-HS	Serving-1 cup	50	10	0.00	7	1.99
000983 BROCCOLI SALAD-Rev	1/2 CUP	10	126	0.18	77	24.33
001308 Jicama Sticks-1/2 C	1/2 Cup	15	28	0.00	3	6.72

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	160	60	0.00	4	14.05
001353 Assorted Canned Fruit	1/2 Cup	65	66	0.01	5	17.31
000688 Assorted Fresh Fruit (pears)	1 each	55	45	0.04	0	11.55
001200 Bread, Garlic (Pasta Line)	1 Each	60	106	1.22	187	16.27
001226 Ice Cream Sandwich	1 each	200	82	1.03	51	17.49
000833 MILK - CHOCOLATE SKIM	HALF PINT	150	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
001479 Dressing, Ranch Dipn cup, 1oz	oz	40	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	15	66	0.00	189	9.45
Weighted Daily Average			403	2.79	413	69.19
% of Calories				6.23%		68.7%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Friday - 03/30/2018

Reimbursable Meal Total 185

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Carb (g)
001558 Pizza, Fresh Baked Pepperoni	Slice (1/8th)	76	408	6.94	729	44.52
001271 Spaghetti (Pasta Line)	1 serving	109	322	1.41	600	55.52

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)
001401 Salad Garden-Pizza/Pasta	Serving-1 cup	30	17	0.01	8	3.47
001064 CARROT STICKS	1/2 CUP	30	36	0.03	61	8.42
000792 Black Bean Salad	2/3 CUP	5	200	0.75	280	32.94
001200 Bread, Garlic (Pasta Line)	1 Each	109	106	1.22	187	16.27
001611 Strawberries & Blueberries (2)	1/2 Cup	90	106	0.02	6	28.28
000338 Assorted Juice	1 each	140	60	0.00	4	14.05
000385 Assorted Fresh Fruit (2)	1 each	80	67	0.06	1	17.37
000150 Chip, Tortilla Baked Scoop	Each	95	110	0.00	125	19.00
000833 MILK - CHOCOLATE SKIM	HALF PINT	120	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	15	100	1.50	120	11.00
001479 Dressing, Ranch Dipn cup, 1oz	oz	50	150	2.00	240	3.00
000953 Dressing, Buttermilk, Red-Cal	2 TBLS	30	66	0.00	189	9.45
Weighted Daily Average			770	5.12	1098	125.43
% of Calories				5.98%		65.2%
Weekly Nutrient Guideline			750 - 850	<10	1420	

Planned Menu Spreadsheet

Logansport School Corporation

Portion Values

Mar 1, 2018 thru Mar 30, 2018

**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.