

Planned Menu Spreadsheet

Weighted Values

Oct 2, 2017 thru Oct 31, 2017

Menu Name: Lunch Elementary
Site: All Sites

Include Cost: No
Report Style: Detailed

Monday - 10/02/2017

Reimbursable Meal Total 218

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
990035 Sandwich, Chicken Pattie	1 Sandwich	116	255	*N/A*	22.35
990057 LETTUCE,GRN LEAF,RAW	1 Leaf	0	0	0	0.00
001068 Pickle, Dill:SC 12-14	5 slices	0	0	*N/A*	0.00
000616 Potato, Stealth Fries:SC 12-14	4 oz	150	130	*N/A*	20.44
990022 Vegetable Carrot/Celery Medley	1/2 cup	94	9	*0	1.95
001093 Applesauce, Sysco: CSD	1/2 cup	234	88	18	22.54
000015 Mayonnaise packet :SC 12-14	1 Packet	0	0	*N/A*	0.00
001179 Mustard Packet, Heinz: CSD	1 Packet	0	0	*N/A*	0.00
000201 Dressing, Ranch, Lite:CSD	1 Pack	0	0	0	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	120	20	4	4.46
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	100	133	6	14.24
000606 Cheese, String, Bongard's:CSD	1 Stick	100	41	0	0.46
000623 Crackers:SC 1/16	ea	0	0	*N/A*	0.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	175	93	*2	14.53
990059 Sandwich,	1 Sandwich	0	0	*N/A*	0.00

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Cheese, Alt K-8					
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
990058 Carrots, Diced, Frozen 3/4c: CSD	3/4 cup	0	0	*N/A*	0.00
000498 Ham, sliced:5/14	2 oz	0	0	*N/A*	0.00
Weighted Daily Average			770	*31	100.96
% of Calories				*16.1%	52.4%
Weekly Nutrient Guideline			550 - 650		

Tuesday - 10/03/2017

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000588 Chicken, Teriyaki 4oz: CSD	4 oz	95	116	*N/A*	4.34
001003 Spaghetti, Gov:SC 12-14	1/2 cup	80	93	1	18.63
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	68	6	*N/A*	0.91
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	0	0	*N/A*	0.00
000438 PEARS:SC 12-14	1/2 cup	200	80	*N/A*	18.67
000610 Jello, assorted:SC 12-14	.5 cup	144	67	*N/A*	16.32
000492 Topping, Whipped:SC 12-14	2 Tblsp	134	22	*N/A*	1.79
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	0	0	0	0.00
000606 Cheese, String, Bongard's:CSD	1 Stick	0	0	0	0.00
000623 Crackers:SC 1/16	ea	0	0	*N/A*	0.00

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000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	150	116	*3	18.10
990059 Sandwich, Cheese, Alt K-8	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000443 Bean, Black, 3/4c: CSD	3/4 cup	0	0	*N/A*	0.00
Weighted Daily Average			500	*4	78.75
% of Calories				*3.2%	63.0%
Weekly Nutrient Guideline			550 - 650		

Wednesday - 10/04/2017

Reimbursable Meal Total 327

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
990047 Chicken, Tenders, Strips, Tyson	2 pcs	150	73	1	3.67
990056 Potato, Cheesy: CSD	1/2 Cup	0	0	*0	0.00
000550 Roll, Dinner 1.5oz:CSD	1 Roll	124	51	1	9.64
000453 Beans, Green 1/2c: CSD	1/2 cup	152	9	1	1.86
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	271	51	9	14.32
000203 Margarine, Land O Lakes, 5g: CSD	1 Cont.	129	8	0	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	50	44	2	4.75
000606 Cheese, String, Bongard's:CSD	1 Stick	50	14	0	0.15
000623 Crackers:SC 1/16	ea	50	18	*N/A*	3.67
000598 Milk, 1%, Choc,	1 Carton	514	182	*5	28.45

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Straw CSD 2/17					
000201 Dressing, Ranch, Lite:CSD	1 Pack	184	25	0	0.56
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	186	20	4	4.61
000474 BBQ Sauce:SC 1-15	ea	0	0	*N/A*	0.00
990059 Sandwich, Cheese, Alt K-8	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
990050 Broccoli, Frozen, Cuts 3/4c: CSD 1/17	3/4 cup	0	0	*N/A*	0.00
Weighted Daily Average			496	*23	71.67
% of Calories				*18.5%	57.8%
Weekly Nutrient Guideline			550 - 650		

Thursday - 10/05/2017

Reimbursable Meal Total 200

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000462 Nacho Chips:SC 12-14	serving (10 ea)	134	94	*N/A*	12.73
008320 Chili w/Beans:SC 12-14 *RESIZED*	1/2 cup	104	96	*N/A*	9.10
990038 Crumble, Cooked, Pork	1/3 cup	45	36	0	0.22
000595 Cheese Sauce, Cheddar, Nacho: CSD 2/17	2 oz	140	85	1	1.54
001040 Salsa:SC 12-14	1/4 cup	13	1	*N/A*	0.28
000529 Corn, frozen:SC 12-14	1/2 cup	64	21	*N/A*	5.09
008360 Apple Slices, raw, USDA:6/11 *RESIZED*	4 oz	200	70	*N/A*	18.00

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000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	0	0	0	0.00
000606 Cheese, String, Bongard's:CSD	1 Stick	0	0	0	0.00
000623 Crackers:SC 1/16	ea	0	0	*N/A*	0.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	140	81	*2	12.67
990059 Sandwich, Cheese, Alt K-8	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000443 Bean, Black, 3/4c: CSD	3/4 cup	0	0	*N/A*	0.00
Weighted Daily Average			485	*3	59.64
% of Calories				*2.5%	49.2%
Weekly Nutrient Guideline			550 - 650		

Friday - 10/06/2017

Reimbursable Meal Total 61

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sugars (g)	Carb (g)
000493 Pizza Ripper assort: SC 12-14	Slice	36	189	*N/A*	18.30
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	36	86	*N/A*	10.95
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	36	21	4	4.78
990055 Carrot, Baby, Raw .5 cup: CSD 3/21	1/2 cup	0	0	*N/A*	0.00
000378 Peaches, Diced, Del Monte 1/2c: CSD	1/2 cup	59	58	12	13.54
000571 Donut, Whole Grain:SC 12-14	ea	0	0	*N/A*	0.00
000125 Sandwich, PB&J,	Sandwich	25	119	6	12.72

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Strawberry Uncrustable:CSD					
000606 Cheese, String, Bongard's:CSD	1 Stick	25	37	0	0.41
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	55	105	*3	16.32
000201 Dressing, Ranch, Lite:CSD	1 Pack	36	27	0	0.59
990059 Sandwich, Cheese, Alt K-8	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
990058 Carrots, Diced, Frozen 3/4c: CSD	3/4 cup	0	0	*N/A*	0.00
Weighted Daily Average			641	*24	77.60
% of Calories				*15.0%	48.4%
Weekly Nutrient Guideline			550 - 650		

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.