

# Planned Menu Spreadsheet

## Weighted Values

Oct 2, 2017 thru Oct 31, 2017

**Menu Name:** Lunch Middle School

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

**Monday - 10/02/2017**

**Reimbursable Meal Total 183**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)
990035 Sandwich, Chicken Pattie	1 Sandwich	60	157	*N/A*	13.77
000498 Ham, sliced:5/14	2 oz	0	0	*N/A*	0.00
001108 Chicken, Spicy w/bun:SC 1-15	1 each	35	79	*N/A*	8.26
990057 LETTUCE,GRN LEAF,RAW	1 Leaf	20	0	0	0.08
001068 Pickle, Dill:SC 12-14	5 slices	20	0	*N/A*	0.00
000616 Potato, Stealth Fries:SC 12-14	4 oz	112	116	*N/A*	18.18
990022 Vegetable Carrot/Celery Medley	1/2 cup	40	5	*0	0.99
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	72	14	3	3.19
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	30	48	2	5.09
000606 Cheese, String, Bongard's:CSD	1 Stick	30	15	0	0.16
000623 Crackers:SC 1/16	ea	30	20	*N/A*	3.93
000604 Pizza Ripper,Pepper.:SC 12-14	Slice	58	95	*N/A*	9.51
000015 Mayonnaise packet :SC 12-14	1 Packet	16	3	*N/A*	0.00
001179 Mustard Packet,	1 Packet	16	0	*N/A*	0.00

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## Weighted Values

Heinz: CSD					
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	0	0	*0	0.00
990064 Sandwich, Cheese, Alt 9-12	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000022 Carrot, Sticks 3/4c	3/4 Cup	0	0	*0	0.00
990064 Sandwich, Cheese, Alt 9-12	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000022 Carrot, Sticks 3/4c	3/4 Cup	0	0	*0	0.00
<b>Weighted Daily Average</b>			552	*5	63.15
<b>% of Calories</b>				*3.6%	45.8%
<b>Weekly Nutrient Guideline</b>			600 - 700		

**Tuesday - 10/03/2017**

**Reimbursable Meal Total 149**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)
000588 Chicken, Teriyaki 4oz: CSD	4 oz	46	56	*N/A*	2.12
990040 Chicken, Kung Pao (Yangs) 6oz: CSD	6 oz	44	59	2	5.13
990060 Rice, Brown 1c: 1/17	1 cup	0	0	*N/A*	0.00
008294 Broccoli, Frozen, Cuts 1/2c: CSD 1/17	1/2 cup	0	0	*N/A*	0.00
000213 Carrots, Diced, Frozen: SC 12-14	1/2 cup	32	6	*N/A*	1.21
000438 PEARS:SC 12-14	1/2 cup	109	44	*N/A*	10.24

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000623 Crackers:SC 1/16	ea	120	97	*N/A*	19.33
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	24	47	2	5.00
000606 Cheese, String, Bongard's:CSD	1 Stick	24	14	0	0.16
000548 Bun, Hoagie 4":SC 12-14	ea	35	26	*N/A*	4.93
000520 Rib-b-Que/BBQ Sauce:2/12	ea	35	34	*N/A*	1.89
001179 Mustard Packet, Heinz: CSD	1 Packet	10	0	*N/A*	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	10	3	*N/A*	0.00
000460 BBQ Sauce	1.2 oz	30	0	*N/A*	0.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	183	142	*4	22.23
990064 Sandwich, Cheese, Alt 9-12	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
990064 Sandwich, Cheese, Alt 9-12	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			528	*8	72.24
% of Calories				*6.1%	54.7%
Weekly Nutrient Guideline		600 - 700			

Wednesday - 10/04/2017

Reimbursable Meal Total 30

# Planned Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)
990047 Chicken, Tenders, Strips, Tyson	2 pcs	0	0	0	0.00
990056 Potato, Cheesy: CSD	1/2 Cup	0	0	*0	0.00
000550 Roll, Dinner 1.5oz:CSD	1 Roll	0	0	0	0.00
000453 Beans, Green 1/2c: CSD	1/2 cup	0	0	0	0.00
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	0	0	0	0.00
000203 Margarine, Land O Lakes, 5g: CSD	1 Cont.	50	33	0	0.00
000493 Pizza Ripper assort: SC 12-14	Slice	0	0	*N/A*	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	30	291	14	31.04
000606 Cheese, String, Bongard's:CSD	1 Stick	30	90	0	1.00
000623 Crackers:SC 1/16	ea	30	120	*N/A*	24.00
000201 Dressing, Ranch, Lite:CSD	1 Pack	80	120	0	2.67
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	72	85	17	19.44
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	0	0	*0	0.00
990064 Sandwich, Cheese, Alt 9-12	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
990064 Sandwich, Cheese, Alt 9-12	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
990050 Broccoli, Frozen,	3/4 cup	0	0	*N/A*	0.00

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Cuts 3/4c: CSD 1/17					
Weighted Daily Average			739	*31	78.14
% of Calories				*16.8%	42.3%
Weekly Nutrient Guideline			600 - 700		

### Thursday - 10/05/2017

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)
000608 TACO SHELL:SC 12-14	2 ea	0	0	*N/A*	0.00
008314 Taco Meat, Davis :SC 12-14 *RESIZED*	1/2 cup	180	12780	*N/A*	450.00
990063 Cheese, Cheddar Mozz Mix	2 oz	0	0	*N/A*	0.00
008207 Lettuce Shredded	1 cup	0	0	*N/A*	0.00
001040 Salsa:SC 12-14	1/4 cup	108	2411	*N/A*	467.38
008329 Beans, Refried, 1/2 c: CSD 3/17	1/2 cup	25	2903	*N/A*	481.43
000379 Rice, Brown 1/2c: 1/17	1/2 cup	75	8100	*N/A*	1679.25
000529 Corn, frozen:SC 12-14	1/2 cup	129	8643	*N/A*	2053.72
000630 Apple slices: 5/16	1/2 cup	0	0	*N/A*	0.00
000125 Sandwich, PB&J, Strawberry Uncrustable:CSD	Sandwich	40	11638	543	1241.41
000623 Crackers:SC 1/16	ea	0	0	*N/A*	0.00
000606 Cheese, String, Bongard's:CSD	1 Stick	40	3600	0	40.00
990035 Sandwich, Chicken Pattie	1 Sandwich	140	67200	*N/A*	5880.00

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001179 Mustard Packet, Heinz: CSD	1 Packet	80	400	*N/A*	0.00
000015 Mayonnaise packet :SC 12-14	1 Packet	85	3400	*N/A*	0.00
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	270	31320	*810	4887.00
990064 Sandwich, Cheese, Alt 9-12	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
990064 Sandwich, Cheese, Alt 9-12	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			152395	*1353	17180.19
% of Calories				*3.6%	45.1%
Weekly Nutrient Guideline			600 - 700		

### Friday - 10/06/2017

Reimbursable Meal Total 103

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sugars (g)	Carb (g)
000493 Pizza Ripper assort: SC 12-14	Slice	73	227	*N/A*	21.97
990020 Potato, Tater Tots Ore-ida 1/17	9 pcs	84	119	*N/A*	15.13
008298 CARROT BABY RAW:SC 12-14 *RESIZED*	1/2 cup	30	12	*N/A*	2.69
000419 Fruit, Mixed, Mission Pride:CSD	1/2 cup	101	60	11	16.94
000125 Sandwich, PB&J,	Sandwich	30	85	4	9.04

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Strawberry Uncrustable:CSD					
000606 Cheese, String, Bongard's:CSD	1 Stick	30	26	0	0.29
000623 Crackers:SC 1/16	ea	0	0	*N/A*	0.00
000236 Ketchup, Single Sauce Masters:CSD	1 Packet	71	24	5	5.58
000594 Dressing, Ranch Lite:5/14	ea	72	31	*N/A*	0.70
000571 Donut, Whole Grain:SC 12-14	ea	96	214	*N/A*	28.89
000598 Milk, 1%, Choc, Straw CSD 2/17	1 Carton	158	178	*5	27.77
990064 Sandwich, Cheese, Alt 9-12	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000022 Carrot, Sticks 3/4c	3/4 Cup	0	0	*0	0.00
990064 Sandwich, Cheese, Alt 9-12	1 Sandwich	0	0	*N/A*	0.00
001093 Applesauce, Sysco: CSD	1/2 cup	0	0	0	0.00
000022 Carrot, Sticks 3/4c	3/4 Cup	0	0	*0	0.00
Weighted Daily Average			977	*24	129.00
% of Calories				*9.8%	52.8%
Weekly Nutrient Guideline			600 - 700		

\*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.