

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Menu Name: LUNCH K-12 18-19
Site: All Sites

Include Cost: Yes
Report Style: Detailed

Monday - 12/03/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protrn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000891 CORN DOG ON STICK	EACH	0	280	4.50	570	*N/A*	14.00	0.00	50	32.00	1.00	10.00	0	80.0	1.20	1.80	\$0.000
000162 HOT DOG ON A BUN:turkey hot	SERVING	0	258	3.34	979	*N/A*	12.04	*N/A*	61	25.84	*0.00	13.10	0	80.1	0.00	2.48	\$0.299
001556 CHILI CON CARNE W/ BEANS-1/4 C	1/4 CUP	0	98	1.87	114	*1	5.09	*0.27	22	6.20	1.73	7.54	503	28.5	6.26	1.73	\$0.048
001771 FRIES, STEAK .25 CUP (5 FRIES)	.25 CUP	0	67	0.00	240	1	2.00	0.00	0	12.01	1.33	1.33	0	0.0	4.00	0.24	\$0.000
001729 GREEN BEANS:Seasoned 1/3 CUP	1/3 CUP	0	11	0.00	5	*0	0.00	0.00	0	1.78	0.89	0.44	89	9.0	0.53	0.16	\$0.115
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Tuesday - 12/04/2018

Reimbursable Meal Total 1

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000669 ASIAN BARBECUE TURKEY-2OZ	2-OZ	0	107	*0.01	1164	*0	*0.85	*0.00	*16	9.84	*0.26	*14.80	*104	*5.3	*1.61	*0.84	\$0.229
001592 ORANGE CHICKEN	3 oz.	0	283	2.00	720	*8	13.00	*0.00	25	24.41	2.03	16.03	*4	20.8	*2.06	1.09	\$0.000
001748 FRIED RICE-1/3 Cup	1/3 CUP	0	303	0.79	186	*1	2.92	*0.01	64	59.21	1.54	8.08	1201	35.6	1.62	3.58	\$0.080
000976 EGG ROLL, PORK & VEGETABLE	ROLL	0	180	2.00	450	*N/A*	9.00	0.00	15	19.00	2.00	7.00	500	20.0	1.20	1.08	\$0.000
001719 FORTUNE COOKIE	EACH	0	30	0.05	2	4	0.22	*N/A*	0	6.72	0.13	0.34	0	1.0	0.00	0.12	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	*0.00	0	*0	*0.00	*0.00	*0	0.00	*0.00	*0.00	*0	*0.0	*0.00	*0.00	\$0.000
% of Calories				*0%		*0%	*0%	*0%		0%		*0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/05/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001638 FISH SANDWICH ON BUN	EACH	0	408	2.39	662	*N/A*	13.57	*N/A*	20	51.93	*1.00	20.27	0	0.0	2.40	3.56	\$0.299
000886 FISH TACOS	TACO	0	173	0.64	637	*1	5.59	*0.00	28	14.88	0.63	14.53	151	31.4	7.01	1.30	\$0.603
001549 TATER TOTS,ROUNDS: 1/2 CUP/8ea	1/2 CUP	0	122	1.52	251	*N/A*	6.10	0.00	0	15.24	1.52	1.52	8	0.0	2.74	0.55	\$0.064
000116 VEG BLND, MIXED VEGETABLES	SERVING-1/3 CUP	0	35	0.00	45	*N/A*	0.00	*N/A*	0	6.56	1.51	1.51	505	0.0	2.42	0.18	\$0.000

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000920 MANGO/PEACH SALSA	1 oz	0	20	0.08	18	*2	0.52	*0.00	0	4.02	0.32	0.14	223	4.4	8.15	0.11	\$0.090
000980 Tartar Sauce, Ss, Shelf Stable	PACKET	0	35	0.50	110	*N/A*	3.50	*N/A*	5	2.00	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	\$0.065
000967 SOUR CREAM, GRADE A, 18%,PAST/	PACKET-1 OZ	0	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00	\$0.135
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	*0	*0.0	*0.00	*0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 12/06/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001709 NACHOS, SUPER	SERVINGS	0	452	5.03	1444	*2	23.99	*0.03	35	41.55	3.67	15.97	658	176.7	*7.46	*2.36	\$0.380
001839 MEXICAN PIZZA	SERVINGS	0	530	9.72	1403	*4	23.76	*0.33	59	49.93	*2.95	28.49	1165	877.9	7.96	4.25	\$0.094
001810 JICAMA, SLICES, .33 CUP	.33 CUP	0	15	0.00	2	*N/A*	0.00	0.00	0	3.63	1.32	0.33	0	0.0	7.92	0.24	\$0.127
001742 PEAS, SEASONED 1/3 CUP	1/3 CUP	0	116	0.07	109	*N/A*	0.42	0.00	0	21.35	8.23	7.71	3143	35.6	14.79	2.36	\$0.000
000967 SOUR CREAM, GRADE A, 18%,PAST/	PACKET-1 OZ	0	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00	\$0.135
001383 Guacamole, Southwestern,.25cup	.25 cup	0	24	0.24	57	*N/A*	2.13	0.00	0	1.42	0.47	0.47	0	0.0	1.13	0.00	\$0.137

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Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	0	0.0	*0.00	*0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 12/07/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001680 MEATBALLS	3 OZ.	0	240	8.00	520	0	19.00	1.00	50	5.00	1.00	14.00	0	40.0	1.20	1.80	\$0.000
001752 PASTA, BU. EGG NOODLES, 1/3 C	1/3 CUP	0	75	0.34	10	*0	1.02	*0.00	19	13.60	0.35	2.71	1	1.9	0.06	0.62	\$0.068
001735 SQUASH,SUMMER 1/3 CuP	1/3Cup	0	12	0.04	1	2	0.18	0.00	0	2.56	0.83	0.54	126	16.0	3.27	0.21	\$0.000
000908 GRAVY, BROWN, PIONEER .25cup	.25 CUP	0	14	0.00	284	*0	0.00	*0.00	0	2.83	0.00	0.94	0	1.3	0.00	0.00	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001378 MILK, FF SKIM,CHOCOLATE	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 12/10/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001429 BEAR BURGER, 80/10, 2 OZ	EACH	0	306	4.36	226	*N/A*	13.10	*N/A*	64	25.00	*0.00	22.75	0	27.6	0.00	2.98	\$0.314
000162 HOT DOG ON A BUN:turkey hot	SERVING	0	258	3.34	979	*N/A*	12.04	*N/A*	61	25.84	*0.00	13.10	0	80.1	0.00	2.48	\$0.299
001558 FRENCH FRIES: oven 1/2 C	1/2 CUP	0	50	0.32	66	*N/A*	1.89	*N/A*	0	7.80	0.80	0.79	0	2.0	2.52	0.31	\$0.050
900001 BEANS, BAKED, CANNED	1/3 cup	0	90	*N/A*	239	5	0.30	*N/A*	0	17.94	3.59	3.59	*N/A*	47.8	*N/A*	1.20	\$0.000
000034 LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	0	5	0.01	1	1	0.06	0.00	0	1.06	0.36	0.25	466	3.4	3.49	0.10	\$0.037
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATE	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	*0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	*0	0.0	*0.00	0.00	\$0.000
% of Calories				*0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Tuesday - 12/11/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
001706 HAM,PINEAPPLE & BRN SUG,2 oz	SERVING-2 OZ	0	97	1.30	910	*0	2.59	*0.00	32	8.61	0.22	10.58	21	5.4	1.93	0.64	\$0.002
990039 GRILLED CHICKEN BREAST, COOKED	SERVING	0	140	0.50	790	*N/A*	3.00	*N/A*	70	2.00	*N/A*	24.00	*N/A*	15.0	*N/A*	0.70	\$0.000
001744 MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
001385 GRAVY MIX, COUNTRY, .125 CUP	.125 CUP	0	21	0.47	138	*N/A*	0.94	*0.00	0	2.84	0.00	0.00	0	0.5	0.00	0.17	\$0.027
001732 BROCCOLI: Seasoned 1/3 CUP	1/3 CUP	0	17	0.01	7	1	0.07	0.00	0	3.28	1.84	1.90	619	20.2	24.57	0.37	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ, /57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	*0	0.0	*0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/12/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)	Cost
001787 CHICKEN QUESADILLA	SERVING	0	749	17.65	1679	*0	38.20	*0.00	108	55.25	0.71	44.90	703	1033.3	0.13	3.08	\$0.491

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001784 TACO, BEEF, BLACK BEAN, & CORN	SERVING	0	566	10.17	737	*3	27.55	*0.93	82	*49.43	8.07	34.24	797	*238.8	11.83	5.48	\$0.370
001406 PINTO BEANS, 1/3 cup	.33	0	89	0.06	10	*1	0.32	*0.00	0	16.10	3.99	5.51	0	33.6	1.62	1.33	\$0.059
000244 GREEN CHILES, DICED	TBSP	0	2	0.00	18	0	0.00	0.00	0	0.50	0.00	0.00	100	0.0	4.50	0.00	\$0.051
000967 SOUR CREAM, GRADE A, 18%, PAST/	PACKET-1 OZ	0	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00	\$0.135
000177 SALSA-TERI'S	OZ	0	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35	\$0.025
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	*0.00	0.00	0.00	0	*0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		*0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 12/13/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
000960 CHICKEN ALFREDO	SERVING	0	394	4.40	564	*2	10.54	*0.00	105	46.48	2.11	27.02	313	362.8	13.02	2.53	\$0.473
001579 CHICKEN MANICOTTI	2 EA	0	382	7.90	972	*N/A*	16.58	*N/A*	*105	36.65	1.60	22.37	1068	228.4	13.90	1.94	\$0.903
001687 ASPARAGUS SPEARS, ROASTED	4 spears	0	83	1.00	16	*1	6.91	*0.00	0	4.11	1.68	2.32	573	29.0	4.40	1.74	\$0.123
001736 CARROTS, STEAMED 1/3 CUP	.33 CUP	0	77	0.37	121	*7	2.00	0.34	0	14.52	*4.23	1.41	25342	50.1	*8.92	0.46	\$0.273

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001072 BREADSTICKS, PARBAKED	1 STICK	0	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVIT A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	*0	0.00	*0.00	0.00	0	0.0	*0.00	*0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Friday - 12/14/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990027 CHIMICHANGA	EACH	0	340	4.50	560	*N/A*	14.00	0.00	25	40.00	2.00	12.00	200	100.0	4.80	2.70	\$1.118
000831 CHEESE SAUCE	SERV/ 2 OZ	0	50	1.51	323	*N/A*	2.55	*0.00	5	5.03	0.00	2.01	101	61.3	*0.00	0.00	\$0.000
001434 REFRIED BEANS, .25 CUP	.25 CUP	0	65	0.25	180	*N/A*	1.00	0.00	0	12.00	3.00	3.00	0	20.0	0.00	0.90	\$0.000
001733 CAL VEGETABLE BLEND, 1/3 Cup	1/3 CUP	0	53	*N/A*	44	*N/A*	*N/A*	*N/A*	*N/A*	8.79	3.52	3.52	5276	35.2	52.76	0.63	\$0.036
000967 SOUR CREAM, GRADE A, 18%,PAST/	PACKET-1 OZ	0	60	3.00	50	*N/A*	5.00	0.00	20	2.00	0.00	1.00	200	40.0	0.00	0.00	\$0.135
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVIT A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
000177 SALSA-TERI'S	OZ	0	5	0.00	174	*0	0.02	*0.00	0	1.24	0.31	0.14	126	10.0	8.58	0.35	\$0.025
Weighted Daily Average			0	*0.00	0	*0	*0.00	*0.00	*0	0.00	0.00	0.00	0	0.0	*0.00	0.00	\$0.000
% of Calories				*0%		*0%	*0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Monday - 12/17/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001254 CHICKEN CHUNKS, WG, 5 PIECE	SERVING-5	0	200	2.00	520	0	10.00	0.00	35	14.00	*N/A*	14.00	100	20.0	1.20	0.72	\$0.647
001625 FISH NUGGETS	4 Pcs.	0	260	2.00	910	*N/A*	13.00	*N/A*	40	21.00	1.00	16.00	*N/A*	20.0	2.40	1.80	\$0.000
001549 TATER TOTS, ROUNDS: 1/2 CUP/8ea	1/2 CUP	0	122	1.52	251	*N/A*	6.10	0.00	0	15.24	1.52	1.52	8	0.0	2.74	0.55	\$0.064
001734 BEANS, BAKED 1/3 CUP	1/3 CUP	0	93	0.00	366	*N/A*	0.67	0.00	0	19.31	3.33	4.00	67	26.6	0.00	1.20	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
000126 TARTAR SAUCE: scratch	2 TBSP	0	125	1.32	170	*3	12.21	*0.00	9	4.34	0.19	0.30	170	6.0	0.58	0.21	\$0.034
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	*0.00	0.00	*0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

Tuesday - 12/18/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900044 MEAT LOAF	3/4" SLICE	0	206	4.36	121	*1	11.83	*0.62	67	7.96	1.35	16.28	136	44.0	1.68	2.23	\$0.202
001680 MEATBALLS	3 OZ.	0	240	8.00	520	0	19.00	1.00	50	5.00	1.00	14.00	0	40.0	1.20	1.80	\$0.000
001744 MASHED POTATOES,IDAHO, 1/3 CUP	.33 cup	0	28	0.00	112	*N/A*	0.36	*0.00	0	6.05	0.36	0.71	37	8.0	1.28	0.13	\$0.052
000908 GRAVY, BROWN, PIONEER .25cup	.25 CUP	0	14	0.00	284	*0	0.00	*0.00	0	2.83	0.00	0.94	0	1.3	0.00	0.00	\$0.000
990031 OKRA, BREADED	1/3 CUP	0	4	0.00	19	*N/A*	0.02	0.00	0	0.88	0.10	0.13	13	2.6	0.00	2.34	\$0.000
001357 ROLL, HONEY WHEAT, 2 OZ./57g/S	ROLL	0	139	0.00	239	*N/A*	1.99	0.00	0	26.86	2.98	4.97	0	19.9	0.00	1.43	\$0.206
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Wednesday - 12/19/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990028 BRISKET, BEEF	2 OZ.	0	170	5.00	440	*N/A*	13.00	1.00	45	*N/A*	*N/A*	14.00	*N/A*	*N/A*	*N/A*	0.72	\$0.000

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001589 SAUSAGE, SMOKED	EACH	0	140	3.50	460	0	11.00	0.00	45	2.00	0.00	8.00	200	40.0	1.20	0.72	\$0.000
001494 RANCH BEANS	1/3 CUP	0	2	0.01	10	0	0.04	*N/A*	*N/A*	0.38	0.13	0.11	*N/A*	0.7	*N/A*	0.03	\$0.000
001431 POTATO SALAD-.25 CUP	.25 CUP	0	80	0.62	150	*1	3.73	*0.00	3	11.14	1.23	1.14	44	9.4	10.43	0.46	\$0.126
001072 BREADSTICKS, PARBAKED	1 STICK	0	120	0.00	220	1	0.50	0.00	0	25.00	1.00	5.00	0	20.0	0.00	*N/A*	\$0.000
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
001378 MILK, FF SKIM,CHOCOLATEVit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	*0	*0.00	*0.00	0.00	*0	*0.0	*0.00	*0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		*0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

Thursday - 12/20/2018

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001737 GRILLED CHEESE, HOMEMADE	1 SANDWICH	0	417	7.45	682	*7	17.20	*0.00	33	50.80	2.05	15.07	303	265.6	0.18	2.81	\$0.156
000883 SOUP, HARVEST TOMATO BASIL	.5 CUP	0	80	0.00	480	*N/A*	0.00	0.00	0	17.00	1.00	2.00	500	40.0	6.00	0.72	\$0.000
000244 GREEN CHILES,DICED	TBSP	0	2	0.00	18	0	0.00	0.00	0	0.50	0.00	0.00	100	0.0	4.50	0.00	\$0.051
001704 FRUIT, CHOICE	1/2 CUP	0	49	0.04	2	*4	0.13	0.00	0	12.15	1.54	0.50	120	13.1	16.34	0.10	\$0.258
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	0	0.00	0	*N/A*	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000

Planned Menu Spreadsheet

Portion Values

Dec 3, 2018 thru Dec 21, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
001378 MILK, FF SKIM, CHOCOLATE Vit A/D	HALF PINT	0	120	0.00	180	*N/A*	0.00	0.00	5	20.00	0.00	8.00	500	300.0	1.20	0.36	\$0.235
Weighted Daily Average			0	0.00	0	*0	0.00	*0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00	\$0.000
% of Calories				0%		*0%	0%	*0%		0%		0%					
Weekly Nutrient Guideline			0 - 0	<0			<=0										

- *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.