

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

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

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

### Friday - 03/01/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001828 CHICKEN PHILLY SANDWICH	SANDWICH	0	302	*5.65	409	*3	*12.15	*0.00	*49	21.04	*1.35	24.66	7029	*367.8	203.14	*1.58
001807 FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	0	140	1.00	80	0	5.00	0.00	0	22.00	3.00	2.00	0	0.0	3.60	0.72
001746 PEAS & CARROTS, 1/3 Cup	1/3CUP	0	58	0.00	92	*N/A*	0.00	0.00	0	10.40	3.47	3.47	2888	23.1	6.93	0.42
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
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
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
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
% of Calories				*0%		*0%	*0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 03/04/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000392 SALISBURY STEAK	2.7oz.	0	179	4.97	268	1	12.92	0.00	94	3.98	0.99	12.92	99	19.9	1.19	1.43
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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990035 BAKED POTATO, SIDE	EACH	0	248	3.07	70	*2	5.26	0.00	20	44.72	4.44	6.05	220	70.3	19.39	2.18
001411 GRAVY, BROWN,PIONEER .125cup	.125 CUP	0	7	0.00	142	*0	0.00	*0.00	0	1.41	0.00	0.47	0	0.6	0.00	0.00
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
000330 BUTTERED TEXAS TOAST	1 SLICE	0	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Tuesday - 03/05/2019

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001802 PIZZA, VARIETY	1 SLICE	0	435	*6.30	1082	*0	*13.11	*0.00	*38	57.43	*2.80	22.01	*562	*15.7	*25.46	*0.80
001425 CORN, YELLOW, .25 CUP	.25 CUP	0	50	0.00	6	*N/A*	0.63	*0.00	0	11.97	0.63	1.89	0	0.1	1.51	0.00
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				*0%		*0%	*0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 03/06/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001833 CHICKEN FETTUCINE CARBONARA	1/2 CUP	0	355	6.67	433	*1	12.85	*0.00	*99	29.91	1.50	29.31	*283	61.3	0.35	2.00
001837 CHICKEN, HONEY MUSTARD BAKED	PORTION	0	243	1.55	292	*23	4.94	*0.00	65	24.88	0.48	26.14	212	40.0	0.15	1.86
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
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
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*
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
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

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## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 03/07/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001826 PATTY MELT, 1 SANDWICH	SANDWICH	0	903	14.59	881	*2	43.74	*2.04	171	59.41	*0.64	72.24	459	580.9	7.58	25.14
000499 GRILLED CHICKEN SANDWICH	4 OZ.	0	353	1.98	458	*1	6.36	*0.00	51	45.42	*0.54	32.63	322	17.9	3.93	5.20
990030 FRIES, STEAK .50 CUP (10 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
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
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
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
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
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
% of Calories				*0%		*0%	*0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 03/08/2019

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
000340 CALABASITAS, 1/3 CUP	1/3 Cup	0	74	1.38	106	*2	3.04	*0.06	6	9.72	1.78	3.10	191	62.0	12.64	0.49
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
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
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
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Monday - 03/11/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001578 STEAKFINGERS	4 Pieces	0	359	9.80	801	*N/A*	26.28	*N/A*	56	16.27	0.64	17.31	65	10.2	0.03	2.23
001838 CHICKEN, SALSA	PORTION	0	289	7.78	780	*0	13.68	*0.00	84	5.04	0.28	35.62	679	537.6	2.65	1.22

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001812 POTATOES, AU GRATIN MIX, 1/3 C	1/3 CUP	0	340	1.42	1815	*6	4.25	*0.00	0	70.87	5.67	5.67	0	114.0	25.52	1.02
990037 CAPRI BLEND VEGETABLE	1/3 CUP	0	7	0.00	6	1	0.00	0.00	0	1.10	0.28	*N/A*	*N/A*	*N/A*	*N/A*	6.61
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		*0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 03/12/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000006 PORK POSOLE	CUP	0	190	2.13	1216	*4	6.83	*0.00	29	20.28	3.74	11.26	5668	26.8	32.83	1.37
001672 Chile Rellano	Each	0	310	5.00	270	*N/A*	23.00	*N/A*	15	20.00	1.00	7.00	300	150.0	48.00	1.80
900006 BEAN BURRITO	SERVINGS	0	263	2.52	851	*4	6.05	*0.03	5	38.40	4.94	14.32	504	209.7	4.13	3.84
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
001753 MEXICALI CORN, 1/3 Cup	1/3 Cup	0	51	0.28	142	*3	1.38	*0.00	0	9.96	1.48	1.60	121	3.6	6.60	0.24
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

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000013 CRACKER, SALTINE	PACKAGE	0	20	0.00	95	*N/A*	0.50	0.00	0	4.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	0.36
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		*0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 03/13/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001605 SLOPPY JOE ON A BUN	SERVINGS	0	344	5.05	461	*2	13.46	*0.00	68	31.30	*0.78	25.92	678	17.7	9.50	4.13
000504 MEAT BALL SUB, RTH, w/SWISS	1 SANDWICH	0	506	11.90	1720	*N/A*	30.76	*0.00	*74	37.05	2.11	20.43	675	287.4	21.19	3.80
001807 FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	0	140	1.00	80	0	5.00	0.00	0	22.00	3.00	2.00	0	0.0	3.60	0.72
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
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
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

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## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 03/14/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001832 KOREAN BEEF BOWL	1/2 CUP	0	385	6.30	876	*0	19.06	*0.89	53	35.56	*0.40	16.73	156	36.7	2.27	2.84
001323 MEXICAN STYLE SHREDDED PORK	PORTION	0	270	2.13	249	*0	6.31	*0.04	67	28.91	*0.15	23.80	*178	*31.3	*21.41	*2.27
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
990034 CAULIFLOWER: frozen, steamed	1/3 CUP	0	11	0.02	11	1	0.13	0.00	0	2.25	1.62	0.96	6	10.2	18.76	0.25
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*
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									



# Planned Menu Spreadsheet

Portion Values

Mar 1, 2019 thru Mar 29, 2019

## Friday - 03/15/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001767 CHICKEN STRIPS	2 PIECES	0	190	2.50	410	0	9.00	*N/A*	35	13.00	0.00	13.00	0	20.0	0.00	1.08
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
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
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
000330 BUTTERED TEXAS TOAST	1 SLICE	0	128	0.78	253	*2	4.50	*0.00	0	18.20	0.77	3.80	163	19.6	0.01	1.37
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

## Monday - 03/18/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001783 CHICKEN, BREADED OVEN FRIED	SERVING	0	350	2.72	786	*1	16.79	*0.00	141	27.41	1.70	22.34	6122	151.5	0.30	10.22
001660 CHICKEN, BAKED	SERVINGS	0	4	0.04	1	*N/A*	0.11	*N/A*	2	0.00	0.00	0.66	1	0.4	0.00	0.03

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001786 PASTA WITH FRESH TOMATO SAUCE	SERVING	0	454	2.85	291	*0	14.63	*0.00	7	44.32	5.76	14.04	1172	129.6	18.36	3.21
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
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

Tuesday - 03/19/2019

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000895 BEEF TACO-2 EA, 90/10, 2-m/ma/1g	2 EACH	0	263	4.52	263	*1	12.91	*0.04	40	20.04	2.92	18.29	2388	102.7	7.31	2.21
900028 CHICKEN TACO	2 EACH	0	249	3.56	434	*2	7.84	*0.04	46	19.87	2.70	24.40	499	100.0	4.28	1.84
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
000215 LETTUCE & TOMATO, SHRED/DICE, .25	.25 CUP	0	6	0.01	2	1	0.08	0.00	0	1.26	0.52	0.34	1211	6.1	3.55	0.18
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
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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Wednesday - 03/20/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
001807 FRIES, WAFFLE FRIES, SWEET POT	3 OZ.	0	140	1.00	80	0	5.00	0.00	0	22.00	3.00	2.00	0	0.0	3.60	0.72
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
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
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
% of Calories				*0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Thursday - 03/21/2019

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001296 BEEF POT ROAST-2 oz meat +1/2 c VEG	serving	0	239	4.04	278	*2	11.15	*0.00	55	15.50	1.97	18.43	3477	20.1	6.48	2.10
990038 PORK POT ROAST-2 oz W/VEG	serving-1.25 C	0	247	3.84	132	*2	10.92	*0.09	72	13.50	1.97	24.25	3489	48.6	6.48	1.22
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
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
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
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
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
% of Calories				0%		*0%	0%	*0%		0%		0%				
Weekly Nutrient Guideline			0 - 0	<0			<=0									

### Friday - 03/22/2019

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000711 BEEF FAJITAS w/ONION/PEPPER	2 EACH (6")	0	199	2.44	86	*1	6.92	*0.06	*83	*2.26	*0.53	*30.15	234	*42.8	*14.54	*2.32
001203 CHICKEN FAJITAS-NMSBVI	2 EACH (6")	0	345	*2.72	158	*8	14.98	*0.50	*68	22.88	*2.68	28.88	*153	*59.1	*12.03	*2.07
900060 REFRIED BEANS	1/3 CUP	0	160	0.86	482	*2	3.62	*0.00	2	23.49	7.07	9.09	16	105.2	1.08	2.30
001739 SPANISH RICE-BrownRice,1/3cup	1/3 Cup	0	83	0.20	69	*0	1.27	*0.00	0	15.64	1.07	1.79	195	*14.3	7.26	0.58
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
000967 SOUR CREAM, GRADE A, 18%,PAST/OZ	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
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
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
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
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
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
% 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  
<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.**