

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 2019

Menu Name: LUNCH K-12 18-19      Include Cost: Yes  
 Site: 1 - New Mexico School f/t Blind and Visually Impaired      Report Style: Detailed

### Wednesday - 05/01/2019      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)	Cost
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	\$0.000
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
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
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										

### Thursday - 05/02/2019      Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
001787 CHICKEN QUESADILLA	serving (2ea)	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
001784 TACO, BEEF, BLACK BEAN, & CORN	serving (2ea)	0	1133	20.33	1473	*5	55.10	*1.86	165	*98.86	16.14	68.49	1594	*477.7	23.66	10.97	\$0.739
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
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
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										

### Friday - 05/03/2019

### 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)	Cost
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	\$1.279
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	\$0.000
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	\$0.277

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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										

### Monday - 05/06/2019

### 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)	Cost
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	\$0.000
001774 CHICKEN, PINEAPPLE BARBECUE	SERVING	0	326	1.23	813	*0	9.69	*0.00	35	42.34	2.01	18.01	202	20.3	11.54	2.18	\$0.026
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	\$0.135
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
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	\$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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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	\$0.000
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 - 05/07/2019

### 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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$1.244
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	\$0.145
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
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 - 05/08/2019

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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	\$0.366
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	\$1.174
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
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
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 - 05/09/2019

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)	Cost
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	\$0.052
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	\$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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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, 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										

### Monday - 05/13/2019

### 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)	Cost
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	\$0.000
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	\$0.620
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	\$0.692
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	\$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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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										

### Tuesday - 05/14/2019

### 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)	Cost
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	\$0.175
001584 TAMALES, PORK	TAMALE	0	360	8.00	910	*N/A*	23.00	0.00	50	27.00	3.00	12.00	1750	80.0	6.00	1.80	\$0.000
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	\$0.171
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
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	\$0.037
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
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	\$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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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 - 05/15/2019

### 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)	Cost
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	\$0.379
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	\$1.428
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	\$0.000
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
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 - 05/16/2019

### Reimbursable Meal Total 1



# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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	\$0.115
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	\$0.206
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
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	\$0.000
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, 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										

### Friday - 05/17/2019

### 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)	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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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, 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										

## Monday - 05/20/2019

## 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)	Cost
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	\$0.144
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	\$0.021
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	\$0.105
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
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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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										

### Tuesday - 05/21/2019

### 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)	Cost
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	\$0.555
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	\$0.066
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
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	\$0.042
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
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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	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										

### Wednesday - 05/22/2019

### 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)	Cost
001539 ROAST BEEF WRAP ON FLOUR TORT	WRAPS	0	281	6.84	494	*1	16.50	0.50	52	15.26	2.52	19.84	1411	206.1	3.55	*1.38	\$0.660
001023 CLUB SAND,WHEAT, 3oz M/MA	SANDWICH	0	320	3.20	1096	*1	11.04	0.00	33	33.26	*4.36	25.07	666	155.2	3.49	*1.92	\$0.586
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	\$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										

### Thursday - 05/23/2019

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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	\$0.100
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	\$0.587
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	\$0.085
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
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
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,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 - 05/24/2019

### 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)	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

# Planned Menu Spreadsheet

## Portion Values

May 1, 2019 thru May 24, 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)	Cost
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
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
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
001079 CHIPS, BAKED, ORIGINAL, LAY'S,	BAG, 1-1/8 oz	0	130	0.00	200	*N/A*	2.00	0.00	0	26.00	2.00	2.00	0	20.0	2.40	0.36	\$0.441
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										

\*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.**