

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

**Menu Name:** LUNCH K-12 2019-2020

**Include Cost:** No

**Site:** All Sites

**Report Style:** Detailed

### Monday - 03/02/2020

### 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)
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
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
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/03/2020

### 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
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

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)
001768 POTATOES, AU GRATIN CLASSIC CA	.5 CUP	0	120	0.50	640	2	1.50	0.00	0	25.00	2.00	2.00	0	40.0	9.00	0.36
001745 COLESLAW - BASIC, 1/3 CUP	CUP	0	50	0.62	74	*2	3.69	0.00	3	4.46	1.29	0.62	1431	19.7	15.98	0.22
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/04/2020

### 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
001782 CHICKEN, TERIYAKI RICE BOWLS	SERVINGS	0	304	1.06	1835	*0	8.33	*0.00	35	*38.82	1.78	19.26	0	*19.1	*0.38	*1.59
001747 STIR FRY VEGETABLES, 1/3 CUP	1/3 CUP	0	22	0.00	18	*N/A*	0.00	*N/A*	0	4.45	1.78	0.89	*N/A*	1.8	*N/A*	1.78
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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 - 03/05/2020

### 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)
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
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
990109 SOUP, CHICKEN TORTILLA	.5 CUP	0	120	0.50	920	1	2.00	0.00	15	20.00	5.00	7.00	*N/A*	30.0	*N/A*	1.70
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/06/2020

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)
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
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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									

### Monday - 03/09/2020

### 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
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
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
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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									

### Tuesday - 03/10/2020

### 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)
001296 BEEF POT ROAST-2 oz meat +1/2 c VEG	serving	0	239	4.03	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	245	3.81	131	*2	10.83	*0.09	72	13.50	1.97	24.05	3489	48.3	6.48	1.21
001182 ROLLS, WHEAT, DOUGH, 1 EA WG	roll	0	80	0.00	130	*N/A*	1.00	0.00	0	15.00	1.00	3.00	0	0.0	0.00	0.72
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/11/2020

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)
990080 BEEF POT PIE	CUP	0	356	7.15	493	*1	21.61	*0.00	43	22.95	1.36	16.20	321	15.9	2.00	2.60
900025 CHICKEN POT PIE	CUP	0	324	5.23	180	*1	16.92	*0.00	59	21.35	1.36	22.01	321	15.9	1.71	2.10
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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									

Thursday - 03/12/2020

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)
990070 CHICKEN, TUSCAN PASTA	.75 CUP	0	614	*10.59	*317	*2	19.66	*0.07	*106	*70.92	6.98	35.93	*3351	*144.1	*18.23	*2.19
001500 CHICKEN BREAST FILLET, 4OZ	4-OZ	0	200	1.00	600	*N/A*	8.00	0.00	35	15.00	1.00	17.00	0	0.0	0.00	1.08
990048 ANGEL HAIR PASTA	1/2 CUP	0	112	*0.00	*5	1	0.56	*0.00	*0	23.52	1.68	3.92	*0	*4.6	*0.00	*0.00
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
001708 GARLIC BREAD	SERVINGS	0	156	2.32	236	*1	9.27	*0.01	7	13.05	2.61	5.33	31	269.7	0.47	1.49
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

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)
001377 MILK, FAT FREE SKIM, w/VIT A &	HALF-PINT	0	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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									

### Friday - 03/13/2020

### 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)
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
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
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
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
001182 ROLLS, WHEAT, DOUGH, 1 EA WG	roll	0	80	0.00	130	*N/A*	1.00	0.00	0	15.00	1.00	3.00	0	0.0	0.00	0.72
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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									

### Monday - 03/16/2020

### 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)
990105 CHICKEN PARMESAN	EACH	0	190	1.50	840	0	4.50	0.00	45	20.00	1.00	15.00	*N/A*	20.0	*N/A*	1.08
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
990049 ANGEL HAIR PASTA	1/2 CUP	0	112	*0.00	*5	1	0.56	*0.00	*0	23.52	1.68	3.92	*0	*4.6	*0.00	*0.00
990106 MARINARA SAUCE	1/3 CUP	0	42	0.18	371	4	1.37	0.01	2	6.30	1.53	1.18	523	22.1	1.70	0.62
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00



# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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									

## Tuesday - 03/17/2020

### 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)
000204 CHICKEN FAJITAS	serving (2ea)	0	148	1.66	655	*4	4.48	0.00	48	9.33	2.02	18.15	1341	14.2	82.11	0.75
990046 BEEF FAJITAS	serving (2ea)	0	142	2.19	593	*4	5.34	*0.00	38	8.90	*2.02	14.74	*1341	15.9	*82.11	8.90
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
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
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 2, 2020 thru Mar 31, 2020

## Wednesday - 03/18/2020

### 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)
900065 STROMBOLI	SERVINGS	0	232	3.78	533	*1	7.55	*0.00	46	20.94	0.82	17.06	227	208.4	0.02	1.81
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
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
001531 MACARONI SALAD, .25 CUP	.25 CUP	0	85	0.57	297	*1	3.55	*0.01	45	10.39	0.53	3.00	2642	61.2	0.23	3.77
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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									

## Thursday - 03/19/2020

### 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)
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
990081 TOSTADAS	SERVINGS	0	617	14.67	742	*1	43.14	*1.40	*128	23.68	3.83	41.07	*448	*233.7	*6.30	*3.03
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

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/20/2020

### 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)
001582 SUB SANDWICH w/WHEAT	SANDWICH	0	*190	*3.19	*1033	*0	*6.02	*0.00	*33	*14.93	*0.66	*16.05	*1223	*155.6	*0.47	*1.25
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
001670 BROCCOLI,CARROTS, CAULIF. FRESH	.25 CUP	0	12	0.02	20	1	0.05	0.00	0	2.46	0.96	0.52	2661	10.0	8.56	0.24
001668 Buttermilk Ranch Dressing	2 Tbsp.	0	62	*1.16	231	*0	5.98	*0.00	*6	*2.27	*0.00	0.28	*28	*9.4	*0.08	*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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	0.00

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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									

### Monday - 03/30/2020

### 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)
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
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
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
990041 CALICO CORN 1/3 CUP	1/3 CUP	0	74	0.14	20	*0	1.27	*0.00	1	16.48	0.93	2.87	105	0.2	6.34	0.01
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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 - 03/31/2020

### Reimbursable Meal Total 1

# Planned Menu Spreadsheet

## Portion Values

Mar 2, 2020 thru Mar 31, 2020

	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)
001691 SALMON, GRILLED	Portion	0	120	0.50	280	0	3.50	0.00	65	1.00	0.00	21.00	100	20.0	0.00	0.72
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
001055 RICE PILAF w/MUSHROOMS	SERVING-1/3 CUP	0	127	*0.77	123	*0	5.37	*0.00	*0	17.51	*1.01	2.38	*23	*10.6	*1.38	*0.46
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
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	80	0.00	125	*N/A*	0.00	0.00	4	12.00	0.00	9.00	500	300.0	2.40	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									

	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)
Weighted Averages	*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%				

\*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.**