

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

**Menu Name:** K-8 Lunch  
**Site:** All Sites

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

### Tuesday - 01/05/2021

**Reimbursable Meal Total 300**

	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)
825142 Cheesy Chicken Over/Rice MS516	1 serving	200	358	7.89	484	*1	13.49	0.00	77	29.37	1.14	31.33	726	*226.5	3.06	1.76
825450 Toast, Garlic WW MS1351	1 slice	200	100	0.50	170	0	2.50	0.00	0	15.00	2.00	4.00	400	0.0	0.00	1.08
825340 Mixed Vegetables MS1060	1/2 cup	50	77	0.73	215	0	1.79	0.00	0	12.18	3.06	3.04	1634	0.6	3.66	0.40
900027 Baked Beans LCS	1/2 cup	200	149	0.10	273	10	0.57	0.00	0	34.39	5.48	6.28	180	49.3	4.85	1.74
825674 Chilled Mandarin Orange MS12??	1/2 cup	300	73	0.01	7	19	0.12	0.00	0	19.46	0.84	0.54	1010	8.4	23.80	0.44
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	0	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			611	6.29	796	*44	12.29	0.00	59	93.00	7.10	36.79	2653	*425.7	34.08	3.56
% of Calories				9.27%		*28.8%	18.1%	0.0%		60.9%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

### Wednesday - 01/06/2021

**Reimbursable Meal Total 300**

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825590 BBQ Pork Sandwich US MS718.1	1 each	150	425	4.00	1263	*16	12.00	2.00	100	41.28	3.00	27.00	*360	*100.0	*3.40	*1.78
000115 Chicken Nachos Com.StripsMS530	1 serving	0	312	7.91	935	2	15.21	0.00	61	23.09	2.67	20.08	*440	*224.7	*7.58	*0.52
825629 Rice, Brown, Spanish UMS1343.1	1/2 cup	0	111	0.18	43	*0	0.86	0.00	1	23.19	1.07	2.83	*186	*7.7	*8.25	*0.54
000512 Broccoli w/Cheese Sauce MS1012	1/2 cup	0	53	0.03	246	3	0.62	0.00	0	9.61	4.00	4.40	1335	93.1	52.76	0.80
825272 Glazed Carrots MS1018	1/2 cup	0	56	0.74	93	6	1.87	0.00	0	9.28	3.03	1.04	15391	26.4	2.45	0.45
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	300	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			444	2.50	773	*51	6.87	1.00	58	68.19	3.13	22.08	*1175	*289.3	*30.90	*1.54
% of Calories				5.07%		*45.9%	13.9%	2.0%		61.4%		19.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

### Thursday - 01/07/2021

Reimbursable Meal Total 300

	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)
000556 Soup, Turkey Tortilla, DryMilk	1 cup	0	562	5.75	1044	*25	17.79	*0.00	57	57.80	3.13	41.96	*1916	*989.2	*12.53	*1.37
825596 Hamburger 2 oz. USDA F MS775.1	1 each	0	285	3.01	596	7	10.04	0.00	45	33.15	4.29	16.22	*174	*103.2	*2.36	*1.52

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825418 Season Green Beans CND MS1044	1/2 cup	0	47	0.26	141	1	2.32	0.00	0	4.83	1.92	1.36	411	27.0	1.99	1.30
825038 Sweet Potato Fries,Bkd MS1099	1/2 cup	0	136	1.05	147	8	8.37	0.00	0	21.98	4.19	1.05	1131	32.2	0.48	0.68
825018 Applesauce, MS1204	1/2 cup	200	59	0.01	2	12	0.07	0.00	0	15.62	1.70	0.24	40	4.5	1.70	0.17
825251 Fresh Fruit Bowl VarietyMS1244	1 each	0	84	0.05	1	13	0.24	0.00	0	21.72	3.65	0.87	120	20.1	23.13	0.22
825210 Cookie,Chocolate ChipPurMS1428	1 cookie	0	120	3.00	95	9	6.00	0.00	5	16.00	0.00	1.00	45	0.0	0.00	0.72
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			159	0.51	137	*26	0.88	*0.00	8	29.41	1.13	8.16	*526	*236.4	*5.53	*0.11
% of Calories				2.89%		*65.4%	5.0%	*0.0%		74.0%		20.5%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

### Friday - 01/08/2021

Reimbursable Meal Total 300

	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)
000675 Pizza Variety/ 2 Choices 9-12	1slice	300	366	5.20	955	*6	13.08	0.14	31	40.94	4.05	22.19	*378	*165.3	*2.87	*3.27
825489 Whole Ker Corn Frz MS1031	1/2 cup	250	89	0.83	20	2	2.42	0.00	0	17.22	1.99	2.50	229	3.3	5.30	0.35
825362 Peas and Carrots MS1062	1/2 cup	500	69	0.76	85	5	1.96	0.00	0	10.40	4.16	2.90	8855	24.2	5.82	0.94
000110 Fruit, Chilled, Canned 1/2	1/2 Cup	300	62	0.01	5	13	0.06	0.00	0	16.54	1.64	0.38	206	6.1	2.30	0.33

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	250	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			792	7.67	1254	*58	19.25	0.14	39	121.08	14.28	37.52	*16098	*450.5	*50.94	*5.70
% of Calories				8.72%		*29.3%	21.9%	0.2%		61.2%		18.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

### Monday - 01/11/2021

Reimbursable Meal Total 300

	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)
825363 Philly Chicken Sandwich MS707	1 each	0	291	2.77	619	6	8.09	0.00	34	32.76	3.62	21.54	534	221.8	20.85	2.79
000617 Catfish, Brd. Filet Stripes	2 ounce	100	186	2.00	350	0	10.00	0.00	20	12.00	0.00	16.00	*N/A*	*N/A*	*N/A*	*N/A*
000636 Hushpuppies-Purchase 4Each=2WG	4 each	100	213	1.45	399	3	9.96	-0.04	7	28.97	1.81	3.24	15	71.9	5.55	1.79
000512 Broccoli w/Cheese Sauce MS1012	1/2 cup	0	53	0.03	246	3	0.62	0.00	0	9.61	4.00	4.40	1335	93.1	52.76	0.80
990036 Oven Roasted Potato Wedges-1/2 Cup	1/2 cup	0	181	1.77	210	0	5.29	0.00	*0	28.65	3.64	3.64	*117	*2.3	*0.25	*0.09
825370 Pineapple Tidbits MS1286	1/2 cup	300	72	0.01	1	15	0.10	0.00	0	18.87	0.96	0.50	46	16.8	11.42	0.34
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	150	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			385	1.91	406	45	8.00	-0.01	*20	63.70	1.57	16.27	*685	*326.3	*39.67	*1.13
% of Calories				4.46%		46.8%	18.7%	0.0%		66.2%		16.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

## Tuesday - 01/12/2021

### Reimbursable Meal Total 300

	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)
900326 Vegetable Beef Soup MS816 Comb	8 oz	200	359	7.09	1024	5	15.81	0.00	47	39.42	4.29	17.11	*2882	*69.6	*11.66	*2.14
825418 Season Green Beans CND MS1044	1/2 cup	200	47	0.26	141	1	2.32	0.00	0	4.83	1.92	1.36	411	27.0	1.99	1.30
900314 Carrots with Dip, MS#	1/2 cup	50	87	0.61	278	*3	5.31	0.00	11	9.01	2.05	1.26	12314	42.1	4.56	0.25
000329 Chilled Peach Diced,1/2 Cup	1/2 cup	300	68	0.00	6	16	0.04	0.00	0	18.22	1.63	0.56	443	3.8	3.00	0.45
825251 Fresh Fruit Bowl VarietyMS1244	1 each	200	84	0.05	1	13	0.24	0.00	0	21.72	3.65	0.87	120	20.1	23.13	0.22
825211 Cookie,Oatmeal RaisinPurMS1432	1 cookie	300	120	2.00	110	9	4.00	0.00	5	16.00	1.00	1.00	45	0.0	0.00	0.72
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			649	7.54	1075	*56	18.01	0.00	46	98.71	9.54	22.66	*5316	*322.0	*32.69	*3.65
% of Calories				10.46%		*34.5%	25.0%	0.0%		60.8%		14.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

### Wednesday - 01/13/2021

Reimbursable Meal Total 300

	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)
000561 Chicken Fajita Salad Hot USDA	1 salad	0	552	9.51	1211	*5	24.95	0.00	76	51.35	6.47	31.98	*5327	*421.0	*26.50	*2.81
825350 Nachos Grande MS168	1 serving	260	365	7.90	688	2	23.79	0.00	41	25.42	1.81	12.16	222	120.4	2.86	1.64
825629 Rice, Brown, Spanish UMS1343.1	1/2 cup	260	111	0.18	43	*0	0.86	0.00	1	23.19	1.07	2.83	*186	*7.7	*8.25	*0.54
825073 Black-Eyed Peas DryCMS1006	1/2 cup	150	165	0.01	196	*0	0.71	0.00	0	28.90	6.87	12.40	0	27.5	1.65	2.48
900144 Garden Salad w/Dressing MS1118	1 cup	50	353	5.91	758	*3	32.49	0.00	45	11.13	1.78	4.06	5730	103.5	14.86	1.13
825267 Fruit Cocktail MS1248	1/2 cup	300	58	0.01	5	13	0.09	0.00	0	14.91	1.41	0.51	299	10.3	3.85	0.38
825269 Fruit Juice, Assorted, MS1246	1 4-oz. cup	200	65	0.00	0	14	0.00	0.00	0	15.50	0.00	0.03	77	3.3	32.70	0.30
825337 Milk, FF Choc 1/2 pt.PF MS1700	1/2 pint	150	130	0.00	150	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
825339 Milk, LF White 1/2 pt,PFMS1708	1/2 pint	100	100	1.50	120	11	2.50	0.00	15	11.00	0.00	8.00	500	300.0	1.20	0.00

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
825338 Milk, FFStrwbr,1/2 pt.PFMS1702	1/2 pint	50	130	0.00	120	22	0.00	0.00	5	23.00	0.00	8.00	500	200.0	6.00	0.00
Weighted Daily Average			775	8.50	997	*43	28.06	0.00	52	102.67	7.64	28.40	*2159	*387.8	*42.97	*3.89
% of Calories				9.87%		*22.2%	32.6%	0.0%		53.0%		14.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=30									

	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	545	5	777	*46	13.34	*0.16	*40	82.39	6.34	24.55	*4087	*348.3	*33.83	*2.80
% of Calories		8.24%		*33.8%	22.0%	*0.3%		60.5%		18.0%				

- \*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.**