

# Planned Menu Spreadsheet

## Weighted Values

Mar 1, 2019 thru Mar 29, 2019

**Menu Name:** COLEMAN BREAKFAST  
**Site:** 44 - COLEMAN JR. HIGH

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

### Friday - 03/01/2019

**Reimbursable Meal Total 170**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001449 Cinnamon Roll	cinnamon roll	90	116	122	8	20.90	2.65
990024 Mini Powdered Donuts	3oz	80	127	108	10	19.29	1.88
001331 Apple Slices in Bag	2oz bag	75	13	0	3	3.00	*N/A*
001126 Apple Juice	4oz SERVING	0	0	0	0	0.00	0.00
000733 Orange Juice	4oz SERVING	0	0	0	0	0.00	*N/A*
000589 White Milk	each	0	0	0	0	0.00	0.00
000588 Chocolate Milk	each	0	0	0	0	0.00	0.00
<b>Weighted Daily Average</b>			256	230	20	43.20	*4.53
<b>% of Calories</b>					31.2%	67.5%	*7.1%
<b>Weekly Nutrient Guideline</b>			400 - 550	600			

### Monday - 03/04/2019

**Reimbursable Meal Total 150**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001461 Cinnamon Toast Crunch	Each	50	77	107	6	14.67	1.00
990089 French Toast w/	1	100	358	136	43	72.90	4.58

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Fruit							
001331 Apple Slices in Bag	2oz bag	100	20	0	4	4.54	*N/A*
001126 Apple Juice	4oz SERVING	0	0	0	0	0.00	0.00
000733 Orange Juice	4oz SERVING	0	0	0	0	0.00	*N/A*
000589 White Milk	each	0	0	0	0	0.00	0.00
000588 Chocolate Milk	each	0	0	0	0	0.00	0.00
Weighted Daily Average			454	243	53	92.10	*5.58
% of Calories					46.7%	81.1%	*4.9%
Weekly Nutrient Guideline			400 - 550	600			

**Tuesday - 03/05/2019**

**Reimbursable Meal Total 140**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990045 Cereal, Marshmallow Mateys	2oz	90	135	244	15	30.21	2.57
990090 Berry Delish Oats	1/2 Cup	50	165	28	*3	30.89	4.16
000215 Sliced Pears	1/2CUP	75	45	8	8	10.69	0.53
001126 Apple Juice	4oz SERVING	0	0	0	0	0.00	0.00
000733 Orange Juice	4oz SERVING	0	0	0	0	0.00	*N/A*
000589 White Milk	each	0	0	0	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)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
000588 Chocolate Milk	each	0	0	0	0	0.00	0.00
Weighted Daily Average			345	280	*26	71.80	*7.26
% of Calories					*30.1%	83.2%	*8.4%
Weekly Nutrient Guideline			400 - 550	600			

### Wednesday - 03/06/2019

Reimbursable Meal Total 150

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
990028 Cocoa Puffs	Bowl	75	95	130	5	20.00	2.50
001243 Scrambled Taquito	servings	75	148	462	1	15.37	7.12
001448 Applesauce Cup	Each	75	25	0	6	7.00	0.00
001126 Apple Juice	4oz SERVING	0	0	0	0	0.00	0.00
000733 Orange Juice	4oz SERVING	0	0	0	0	0.00	*N/A*
000589 White Milk	each	0	0	0	0	0.00	0.00
000588 Chocolate Milk	each	0	0	0	0	0.00	0.00
Weighted Daily Average			268	592	12	42.37	*9.62
% of Calories					17.9%	63.2%	*14.4%
Weekly Nutrient Guideline			400 - 550	600			

### Thursday - 03/07/2019

Reimbursable Meal Total 150

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Mar 1, 2019 thru Mar 29, 2019

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Sodm <sup>1</sup> (mg)	Sugars (g)	Carb (g)	Protn (g)
001449 Cinnamon Roll	cinnamon roll	80	117	123	8	21.06	2.67
001425 Chocolate Donut	Donut	70	155	140	9	19.80	*2.56
000103 Mandarin Oranges	1/2 cup	88	54	6	13	13.75	0.57
001126 Apple Juice	4oz SERVING	0	0	0	0	0.00	0.00
000733 Orange Juice	4oz SERVING	0	0	0	0	0.00	*N/A*
000589 White Milk	each	0	0	0	0	0.00	0.00
000588 Chocolate Milk	each	0	0	0	0	0.00	0.00
Weighted Daily Average			327	269	29	54.60	*5.80
% of Calories					35.5%	66.8%	*7.1%
Weekly Nutrient Guideline			400 - 550	600			

\*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.