

# Planned Menu Spreadsheet

## Weighted Values

Feb 5, 2024 thru Feb 9, 2024

**Menu Name:** 2023-2024 Lunch 9-12

**Include Cost:** No

**Site:** 1 - Seed School DC

**Report Style:** Detailed

**Use Alternate Menu Name:** No

### Monday - 02/05/2024

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990179 Mac and Cheese	1.5 cup	125	123	2.75	105	2	0	5.42	0.00	17	13.51	0.89	6.12
990224 Swedish Meatballs 9-12	3 oz.	125	158	3.37	147	3	1	8.85	0.00	29	10.66	0.46	9.27
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95
990060 Fresh Grapes	1/2 cup	250	52	0.04	2	12	0	0.12	0.00	0	13.67	0.68	0.54
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990729 Jicama & Celery Sticks with Ranch Dressing	1/2 cup	250	61	0.21	180	4	0	1.31	0.00	2	10.27	4.48	2.32
990131 Spiced Black Beans	1/2 cup	250	130	0.10	119	3	0	0.60	0.00	0	22.77	5.77	7.15
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
Weighted Daily Average			814	8.29	757	51	1	21.03	0.00	60	122.17	16.33	36.11
% of Calories				9.17%		25.1%	0.5%	23.3%	0.0%		60.0%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

### Tuesday - 02/06/2024

### Reimbursable Meal Total 250

# Planned Menu Spreadsheet

## Weighted Values

Feb 5, 2024 thru Feb 9, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990281 Teriyaki Chicken	2 oz	200	126	1.06	441	13	0	3.92	0.00	35	8.14	0.04	14.30
990629 Teriyaki Tofu	2 oz	50	21	0.12	71	2	0	0.96	0.00	0	1.76	0.14	1.33
990638 "Fried" Brown Rice	1 cup	100	72	0.10	51	0	0	0.68	0.00	0	14.23	0.89	1.65
990195 Lo Mein Noodles	1 cup	150	192	0.00	154	0	0	1.44	0.00	0	36.96	0.96	6.72
990486 Chilled Mandarin Oranges	1/2 cup	250	49	0.00	7	12	10	0.00	0.00	0	11.96	0.00	0.00
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990080 Fresh Steamed Broccoli	1/2 cup	250	15	0.05	15	1	0	0.16	0.00	0	2.92	1.14	1.24
990040 Stir Fried Vegetables	1/2 cup	250	52	0.45	100	5	0	3.15	0.00	0	5.47	1.15	1.14
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
<b>Weighted Daily Average</b>			<b>715</b>	<b>3.29</b>	<b>946</b>	<b>61</b>	<b>10</b>	<b>12.87</b>	<b>0.00</b>	<b>47</b>	<b>114.53</b>	<b>7.28</b>	<b>35.13</b>
<b>% of Calories</b>				<b>4.14%</b>		<b>34.1%</b>	<b>5.6%</b>	<b>16.2%</b>	<b>0.0%</b>		<b>64.1%</b>		<b>19.7%</b>
<b>Weekly Nutrient Guideline</b>			<b>750 - 850</b>	<b>&lt;10</b>	<b>1280</b>			<b>&lt;=0</b>					

### Wednesday - 02/07/2024

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990731 Ham & Cheese Sub	1 each	200	363	6.21	690	2	0	13.82	0.00	34	42.19	3.44	17.72
990732 Alice Water's Lentil Salad	1/2 CUPS	50	51	0.12	5	0	0	1.08	0.00	0	10.04	3.06	3.49

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Feb 5, 2024 thru Feb 9, 2024

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990733 Quinoa, Cooked	1 cup	50	45	0.03	50	0	0	0.85	0.00	0	7.48	0.76	1.52
990142 Apple Slices	1/2 cup	250	107	0.05	2	19	0	0.31	0.00	0	25.59	4.19	0.47
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990730 Cool Asparagus & Pea Salad	1/2 cup	250	41	0.25	7	2	0	1.72	0.00	0	5.07	2.22	2.06
990084 Italian Baked Tomato Halves	2 each	250	89	0.44	67	5	1	3.63	0.00	0	12.71	2.02	2.60
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
Weighted Daily Average			885	8.63	930	55	1	23.97	0.00	46	136.18	18.65	36.62
% of Calories				8.78%		24.9%	0.5%	24.4%	0.0%		61.6%		16.6%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

### Thursday - 02/08/2024

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990734 Lemon Baked Tilapia	3 oz	125	40	0.27	55	0	0	1.11	0.00	17	0.27	0.04	7.18
990219 Brown Rice Pilaf 9-12	1 cup	125	102	0.31	96	1	0	2.16	0.00	0	18.20	1.10	1.95
990182 Cheese Ravioli in Marinara Sauce 9-12	1.5 cup	125	144	1.80	411	2	1	3.46	0.00	26	21.71	2.37	5.84
990620 Fresh Berries	1/2 cup	250	31	0.02	1	4	0	0.32	0.00	0	7.14	2.22	0.63
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56

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	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990575 Fresh Baby Carrots with Ranch Dressing	1/2 cup	250	32	0.09	102	3	0	0.63	0.00	1	5.70	1.65	1.02
990259 Roasted Green Beans	1/2 cup	250	42	0.34	4	2	0	2.32	0.00	0	5.20	2.02	1.36
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
<b>Weighted Daily Average</b>			<b>579</b>	<b>4.33</b>	<b>778</b>	<b>40</b>	<b>1</b>	<b>12.56</b>	<b>0.00</b>	<b>56</b>	<b>91.30</b>	<b>12.35</b>	<b>26.74</b>
% of Calories				6.73%		27.6%	0.7%	19.5%	0.0%		63.1%		18.5%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

## Friday - 02/09/2024

### Reimbursable Meal Total 250

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990357 Chicken Caesar Wrap	1 each	150	288	2.97	528	0	0	10.97	0.02	34	30.94	0.44	16.92
990736 Hummus & Roasted Vegetable Wrap	1 each	100	273	1.55	459	4	0	9.74	0.00	0	38.40	3.99	9.71
990138 Citrus Fruit Salad	1/2 cup	250	47	0.00	3	9	3	0.10	0.00	0	11.82	1.26	0.57
990632 Fresh Fruit	1/2 cup	250	86	0.04	1	15	0	0.27	0.00	0	21.18	2.95	0.56
990735 Cucumber & Bell Pepper Crudit�	1/2 cup	250	21	0.12	60	2	0	0.68	0.00	1	3.12	0.72	1.06
990220 Roasted Potato Wedges	1/2 cup	250	96	0.34	13	0	0	2.29	0.00	0	16.55	3.34	3.42
990120 Milk, Lowfat 1%	1 cup	240	98	1.48	103	12	0	2.27	0.00	12	11.48	0.00	7.89

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## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990154 Milk, Fat Free	1 cup	10	4	0.00	5	0	0	0.02	0.00	0	0.44	0.00	0.31
Weighted Daily Average			913	6.50	1172	43	3	26.33	0.02	47	133.93	12.72	40.42
% of Calories				6.41%		18.8%	1.3%	26.0%	0.0%		58.7%		17.7%
Weekly Nutrient Guideline			750 - 850	<10	1280			<=0					

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	781	6	917	50	3	19.35	0.00	51	119.62	13.47	35.00
% of Calories		7.16%		25.6%	1.5%	22.3%	0.0%		61.3%		17.9%

Nutrient	Menu Average	% of Cals	Weekly Target	% of Target	Shortfall	Overage	Missing Data	Error Messages (if any)
Calories	781		750-850	100%				
Saturated Fat	6.21 g	7.16%	<10.000%					
Sodium	917 mg		1280.000	72%				
Total Sugars	50 g	25.6%						
Added Sugars	3 g	1.5%						
Total Fat	19.35 g	22.3%						
Trans Fat	0.00 g	0.0%						
Cholesterol	51 mg							
Carbohydrate	119.62 g	61.3%						
Fiber	13.47 g							
Protein	35.00 g	17.9%						

\*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.