

Base Menu Spreadsheet

Portion Values

Apr 1, 2018 thru Apr 30, 2018

Menu Name: PS Lunch Menu

Include Cost: No

Site:

Report Style: Detailed

Monday - 04/09/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001116 .PANCAKE, WG 4" KRUSTEAZ PANCAKE	2 PANCAKES	100	150	400	2.00	30.98	4.00	3.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	102	4.10	0.00	0.00	6.15
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000777 .APPLESAUCE CUPS	1 CUP	100	51	2	0.10	14.00	1.00	0.20
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			394	684	8.50	62.28	6.23	20.42
% of Calories					19.4%	63.2%		20.7%
Weekly Nutrient Guideline			0 - 0		<=0			

Tuesday - 04/10/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990036 .PIZZA, CRUNCHER, CHEESE (PS)	4 CRUNCHERS	100	300	600	13.50	30.75	3.75	15.00
990034 .CARROTS, BABY-CUT, FRESH,	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27

Base Menu Spreadsheet

MANHATTAN BEACH USD

Apr 1, 2018 thru Apr 30, 2018

Portion Values

PEELED									
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86	
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00	
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00	
Weighted Daily Average			486	783	16.07	61.72	6.85	26.93	
% of Calories					29.8%	50.8%		22.2%	
Weekly Nutrient Guideline			0 - 0		<=0				

Wednesday - 04/11/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990048 .MAC & CHEESE, JTM	SERV	100	291	758	15.00	25.00	1.00	15.00
000062 *CUCUMBER, RAW	1/4 CUP	100	4	1	0.05	0.64	0.21	0.18
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			466	908	17.57	53.11	3.08	26.83
% of Calories					33.9%	45.6%		23.0%
Weekly Nutrient Guideline			0 - 0		<=0			

Thursday - 04/12/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

Apr 1, 2018 thru Apr 30, 2018

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000959 .CHICKEN, GK PhD NUGGETS, 6116	4 PIECES	100	254	321	14.00	15.00	3.00	17.00
000466 .POTATO, PUFFS ORE-IDA (PS)	5 PIECES	100	103	246	4.76	12.70	1.59	1.59
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000916 .KETCHUP, RED GOLD 33% FANCY	1 TBSP	100	20	160	0.00	5.00	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			548	876	21.28	60.16	6.45	30.24
% of Calories					34.9%	43.9%		22.1%
Weekly Nutrient Guideline			0 - 0		<=0			

Friday - 04/13/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	600	16.00	34.00	3.00	21.00
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000566 *SORBET, LUIGI'S	1 EACH	100	120	35	1.50	27.00	0.00	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	122	3.63	0.66	0.00	0.33
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			702	939	23.70	92.63	6.10	33.26
% of Calories					30.4%	52.8%		19.0%
Weekly Nutrient Guideline			0 - 0		<=0			

Monday - 04/16/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990033 .QUESADILLA, CHEESE, TRC	QUESADILLA	100	331	500	14.76	29.00	3.00	20.50
000494 *BEANS, BBQ COWBOY	1/2 CUP	100	119	436	0.47	26.85	5.21	6.03
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			622	1085	17.75	83.31	10.07	38.19
% of Calories					25.7%	53.6%		24.6%
Weekly Nutrient Guideline			0 - 0		<=0			

Tuesday - 04/17/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	600	16.00	34.00	3.00	21.00
990034 .CARROTS.	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27

Base Menu Spreadsheet

Portion Values

BABY-CUT, FRESH, PEELED									
900260 peach cup, frozen	1/2 cup	100	118	8	0.16	29.98	2.25	0.79	
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86	
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	122	3.63	0.66	0.00	0.33	
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00	
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00	
Weighted Daily Average			700	912	22.36	95.60	8.35	34.05	
% of Calories					28.7%	54.6%		19.5%	
Weekly Nutrient Guideline			0 - 0		<=0				

Wednesday - 04/18/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protrn (g)
000959 .CHICKEN, GK PhD NUGGETS, 6116	4 PIECES	100	254	321	14.00	15.00	3.00	17.00
000466 .POTATO, PUFFS ORE-IDA (PS)	5 PIECES	100	103	246	4.76	12.70	1.59	1.59
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000916 .KETCHUP, RED GOLD 33% FANCY	1 TBSP	100	20	160	0.00	5.00	0.00	0.00
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			548	876	21.28	60.16	6.45	30.24
% of Calories					34.9%	43.9%		22.1%
Weekly Nutrient Guideline			0 - 0		<=0			

Thursday - 04/19/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000547 *FRENCH TOAST STICKS, KRSZ(PS)	3 STICKS	100	230	420	5.00	41.00	1.00	6.00
000194 .CHEESE, MOZZARELLA STRING	1 EACH	100	79	207	5.93	0.99	0.00	6.91
000777 .APPLESAUCE CUPS	1 CUP	100	51	2	0.10	14.00	1.00	0.20
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			477	776	13.28	69.79	2.00	23.91
% of Calories					25.1%	58.5%		20.1%
Weekly Nutrient Guideline			0 - 0		<=0			

Friday - 04/20/2018

Reimbursable Meal Total 100

Base Menu Spreadsheet

Portion Values

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	600	16.00	34.00	3.00	21.00
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000566 *SORBET, LUIGI'S	1 EACH	100	120	35	1.50	27.00	0.00	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	122	3.63	0.66	0.00	0.33
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			702	939	23.70	92.63	6.10	33.26
% of Calories					30.4%	52.8%		19.0%
Weekly Nutrient Guideline			0 - 0		<=0			

Monday - 04/23/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000755 .CHICKEN, CRISPY TENDERS WG	1 SERV	100	263	395	15.17	16.19	3.04	15.17
000124 .POTATO, SMILES	4 SMILES	100	129	179	4.48	19.92	1.99	1.99
000716 .BREAD, WG DINNER ROLL SB-220	1 ROLL	100	90	120	1.00	18.00	1.00	2.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00

Base Menu Spreadsheet

Portion Values

000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			654	843	23.17	81.57	7.89	30.82
% of Calories					31.9%	49.9%		18.9%
Weekly Nutrient Guideline			0 - 0		<=0			

Tuesday - 04/24/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990036 .PIZZA, CRUNCHER, CHEESE (PS)	4 CRUNCHERS	100	300	600	13.50	30.75	3.75	15.00
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			486	783	16.07	61.72	6.85	26.93
% of Calories					29.8%	50.8%		22.2%
Weekly Nutrient Guideline			0 - 0		<=0			

Wednesday - 04/25/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000137 *PASTA WITH MEAT SAUCE	1 CUP	1	274	256	4.48	46.84	3.22	14.46

Base Menu Spreadsheet

Portion Values

990047 .BREAD, TOAST, GARLIC	TOAST	1	140	230	7.00	16.00	2.00	3.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			175	154	2.63	28.09	1.92	11.83
% of Calories					13.5%	64.2%		27.0%
Weekly Nutrient Guideline			0 - 0		<=0			

Thursday - 04/26/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
001116 .PANCAKE, WG 4" KRUSTEAZ PANCAKE	2 PANCAKES	100	150	400	2.00	30.98	4.00	3.00
000574 .TURKEY, SAUSAGE PATTY	1 EACH	100	62	102	4.10	0.00	0.00	6.15
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000777 .APPLESAUCE CUPS	1 CUP	100	51	2	0.10	14.00	1.00	0.20
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			394	684	8.50	62.28	6.23	20.42
% of Calories					19.4%	63.2%		20.7%
Weekly Nutrient Guideline			0 - 0		<=0			

Base Menu Spreadsheet

Portion Values

Apr 1, 2018 thru Apr 30, 2018

Friday - 04/27/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
990065 .PIZZA, CHEESE PRIMO WG 16" BIG DADDY'S,78637	SLICE	100	360	600	16.00	34.00	3.00	21.00
990034 .CARROTS, BABY-CUT, FRESH, PEELED	1/2 CUP	100	15	33	0.06	3.50	1.23	0.27
000566 *SORBET, LUIGI'S	1 EACH	100	120	35	1.50	27.00	0.00	0.00
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000997 .DRESSING, KEN'S LITE RANCH	1 TBSP	100	36	122	3.63	0.66	0.00	0.33
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			702	939	23.70	92.63	6.10	33.26
% of Calories					30.4%	52.8%		19.0%
Weekly Nutrient Guideline			0 - 0		<=0			

Monday - 04/30/2018

Reimbursable Meal Total 100

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	T-Fat (g)	Carb (g)	Fiber (g)	Protn (g)
000801 .TAQUITOS, CHIX POSADA	2 EACH	100	220	270	10.00	26.00	2.00	8.00
000358 .RICE, SPANISH	.25 CUP	100	61	251	1.45	10.19	0.48	1.09
000494 *BEANS, BBQ COWBOY	1/2 CUP	100	119	436	0.47	26.85	5.21	6.03
001007 .SALSA, LOW	2 TBSP	1	11	35	0.06	2.17	0.45	0.46

Base Menu Spreadsheet

Portion Values

SODIUM, POUCH								
000568 *FRUIT, FRESH, SEASONAL (PS)	1 SERV	100	54	2	0.27	13.66	1.87	0.86
000723 .MILK, CARTON, WHITE, 1%	1 CRTN	90	120	150	2.50	14.00	0.00	11.00
000702 .MILK, NONFAT (SKIM)	1 CARTON	10	90	120	0.00	12.00	0.00	9.00
Weighted Daily Average			571	1106	14.44	90.52	9.56	26.78
% of Calories					22.8%	63.4%		18.8%
Weekly Nutrient Guideline			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.