

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD Elementary Cafe Lunch Menu
Site: 2 - Anthony Carnevale Elementary

Include Cost: No
Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 469

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990089 Turkey Hot Dog	1 each	400	263	2.53	516	4	10.63	26.29	2.02
990094 Chef Salad w/ Breadstick - Elementary	1 salad	25	259	3.21	579	*6	9.25	28.57	*4.24
990055 Sunbutter & Jelly Sandwich	1 sandwich	44	577	*4.01	569	17	36.05	49.54	10.08
990095 Creamy Cole Slaw	1/2 cup	200	68	0.49	96	4	4.50	7.52	1.37
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	400	240	1.13	307	9	12.01	32.02	2.67
990117 Applesauce, 1/2 cup	1/2 cup	200	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	0	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	0	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	200	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	200	160	1.54	162	25	2.78	25.38	0.25

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000231 MILK,Skim	HALF PINT	69	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			705	*5.24	964	*46	27.42	90.98	*7.67
% of Calories				*6.69%		*26.1%	35.0%	51.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 494

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990096 Macaroni & Cheese w/ dinner roll	1 cup	400	778	10.80	1657	9	30.08	102.25	*11.15
990094 Chef Salad w/ Breadstick - Elementary	1 salad	25	259	3.21	579	*6	9.25	28.57	*4.24
990055 Sunbutter & Jelly Sandwich	1 sandwich	44	577	*4.01	569	17	36.05	49.54	10.08
990177 Italian Garbanzo Beans	1/2 cup	200	134	0.00	201	0	2.20	22.50	5.50
990054 Broccoli, fresh, blanched	1/2 cup	200	21	0.00	20	1	0.26	3.82	1.74
990117 Applesauce, 1/2 cup	1/2 cup	200	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	0	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	0	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	200	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	200	160	1.54	162	25	2.78	25.38	0.25

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	69	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			926	*10.55	1641	*39	31.24	129.57	*14.89
% of Calories				*10.25%		*16.8%	30.4%	56.0%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 11/03/2021

Reimbursable Meal Total 494

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990103 Popcorn Chicken Bowl	1 each	400	664	5.11	1412	3	23.88	75.02	8.69
990094 Chef Salad w/ Breadstick - Elementary	1 salad	25	259	3.21	579	*6	9.25	28.57	*4.24
990055 Sunbutter & Jelly Sandwich	1 sandwich	44	577	*4.01	569	17	36.05	49.54	10.08
990111 Steamed Corn, 1/2 cup	1/2 cup	400	91	0.00	1	0	0.76	21.88	2.77
990070 Potato, mashed signature	1/2 cup	400	84	0.53	108	1	1.05	15.80	1.05
990117 Applesauce, 1/2 cup	1/2 cup	200	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	0	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	0	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	200	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	200	160	1.54	162	25	2.78	25.38	0.25

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000231 MILK,Skim	HALF PINT	94	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			918	*6.37	1447	*35	26.70	127.99	*13.06
% of Calories				*6.25%		*15.3%	26.2%	55.8%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Thursday - 11/04/2021

Reimbursable Meal Total 494

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990098 Sazon Roasted Turkey	2 oz	400	160	2.81	791	0	8.44	0.00	0.00
990099 Steamed Rice and Beans	1/2 cup	400	457	0.00	177	4	2.61	92.42	10.92
990094 Chef Salad w/ Breadstick - Elementary	1 salad	25	259	3.21	579	*6	9.25	28.57	*4.24
990055 Sunbutter & Jelly Sandwich	1 sandwich	44	577	*4.01	569	17	36.05	49.54	10.08
990115 Green Pepper Strips	1/2 cup	200	23	0.00	3	3	0.19	5.26	1.93
990110 Grape Tomatoes, 1/2 cup	1/2 cup	200	20	0.00	6	3	0.23	4.41	1.36
990117 Applesauce, 1/2 cup	1/2 cup	200	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	0	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	0	105	0.13	1	14	0.39	26.95	3.07
000230 MILK,1% Lowfat	HALF PINT	200	102	1.54	107	13	2.37	12.18	0.00

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	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000228 MILK,1% Chocolate	HALF PINT	200	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	94	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			756	*4.09	1003	*37	15.01	115.48	*13.10
% of Calories				*4.87%		*19.6%	17.9%	61.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 11/05/2021

Reimbursable Meal Total 494

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990040 Cheese Pizza, 8 cut, Big Daddy's Bold 16"	slice	400	401	7.52	439	8	16.30	42.63	5.02
990042 Pepperoni Pizza, 8 cut, Big Daddy's Bold 16"	slice	0	434	8.62	549	8	19.22	42.75	5.02
990094 Chef Salad w/ Breadstick - Elementary	1 salad	25	259	3.21	579	*6	9.25	28.57	*4.24
990055 Sunbutter & Jelly Sandwich	1 sandwich	44	577	*4.01	569	17	36.05	49.54	10.08
990095 Creamy Cole Slaw	1/2 cup	200	68	0.49	96	4	4.50	7.52	1.37
990119 Sweet Potato Fries, 1/2 cup	1/2 cup	400	240	1.13	307	9	12.01	32.02	2.67
990117 Applesauce, 1/2 cup	1/2 cup	200	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	200	72	0.04	1	14	0.23	19.06	3.31
000085 ORANGES HALVES	1 EACH	0	31	0.01	0	6	0.08	7.70	1.57
000068 BANANAS	EACH	0	105	0.13	1	14	0.39	26.95	3.07

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000230 MILK,1% Lowfat	HALF PINT	200	102	1.54	107	13	2.37	12.18	0.00
000228 MILK,1% Chocolate	HALF PINT	200	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	94	83	0.14	103	12	0.20	12.15	0.00
Weighted Daily Average			785	*9.02	858	*47	30.63	100.22	*9.71
% of Calories				*10.34%		*23.9%	35.1%	51.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

			Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
Weighted Averages			818	*7.05	1183	*41	26.20	112.85	*11.69
% of Calories				*7.76%		*20.0%	28.8%	55.2%	

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.