

Planned Menu Spreadsheet

Portion Values

Nov 1, 2021 thru Nov 30, 2021

Menu Name: PPSD Elementary Classroom Lunch Menu

Include Cost: No

Site: 1 - Alfred Lima Elementary

Report Style: Detailed

Monday - 11/01/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990076 Turkey Ham & Cheese Sandwich on Wheat	1 sandwich	300	269	5.10	568	*5	11.36	29.63	*2.10
990092 Chef Salad w/ Breadstick - Secondary	1 salad	80	269	3.21	601	*6	9.41	30.26	*4.96
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990095 Creamy Cole Slaw	1/2 cup	300	68	0.49	96	4	4.50	7.52	1.37
990110 Grape Tomatoes, 1/2 cup	1/2 cup	280	20	0.00	6	3	0.23	4.41	1.36
990117 Applesauce, 1/2 cup	1/2 cup	300	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	530	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	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)
000230 MILK,1% Lowfat	HALF PINT	40	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			639	*6.25	791	*52	24.86	83.25	*8.92
% of Calories				*8.80%		*32.6%	35.0%	52.1%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 11/02/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990091 Italian Sub Sandwich	1 sandwich	300	2041	27.86	7353	*5	*100.78	*72.21	*2.43
990092 Chef Salad w/ Breadstick - Secondary	1 salad	80	269	3.21	601	*6	9.41	30.26	*4.96
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990177 Italian Garbanzo Beans	1/2 cup	300	134	0.00	201	0	2.20	22.50	5.50
990180 BROCCOLI, raw: fresh 1/2 cup	1/2 cup	280	10	0.00	10	1	0.12	1.79	0.82
990117 Applesauce, 1/2 cup	1/2 cup	300	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	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)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			1585	*17.77	4357	*49	*69.88	*111.99	*10.97
% of Calories				*10.09%		*12.4%	*39.7%	*28.3%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 11/03/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	300	318	5.06	830	*5	11.69	31.18	*2.10
990092 Chef Salad w/ Breadstick - Secondary	1 salad	80	269	3.21	601	*6	9.41	30.26	*4.96
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990184 Bacon Ranch Pea Salad	1/2 cup	300	129	1.76	222	4	7.65	10.80	3.26
990115 Green Pepper Strips	1/2 cup	280	23	0.00	3	3	0.19	5.26	1.93
990117 Applesauce, 1/2 cup	1/2 cup	300	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			697	*6.89	991	*52	26.64	86.39	*10.17
% of Calories				*8.90%		*29.8%	34.4%	49.6%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Thursday - 11/04/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990062 Chicken Salad Sandwich, USDA	1 sandwich	300	264	0.72	543	5	10.38	19.36	2.28
990092 Chef Salad w/ Breadstick - Secondary	1 salad	80	269	3.21	601	*6	9.41	30.26	*4.96
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990115 Green Pepper Strips	1/2 cup	300	23	0.00	3	3	0.19	5.26	1.93
990110 Grape Tomatoes, 1/2 cup	1/2 cup	280	20	0.00	6	3	0.23	4.41	1.36
990117 Applesauce, 1/2 cup	1/2 cup	300	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			613	*3.73	731	*52	22.13	76.99	*9.31
% of Calories				*5.48%		*33.9%	32.5%	50.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 11/05/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	400	366	9.14	717	6	16.03	34.54	3.75
990092 Chef Salad w/ Breadstick - Secondary	1 salad	80	269	3.21	601	*6	9.41	30.26	*4.96
990055 Sunbutter & Jelly Sandwich	1 sandwich	100	577	*4.01	569	17	36.05	49.54	10.08
990115 Green Pepper Strips	1/2 cup	400	23	0.00	3	3	0.19	5.26	1.93
990034 Carrots, baby cut, ready to serve	1/2 cup	180	25	0.00	57	3	0.09	5.98	2.10
990117 Applesauce, 1/2 cup	1/2 cup	400	56	0.00	14	17	0.00	13.94	0.93
000064 APPLES,Fresh	EACH	180	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	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)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			629	*8.97	864	*51	21.51	82.01	*8.89
% of Calories				*12.83%		*32.4%	30.8%	52.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Monday - 11/08/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990030 Turkey & Cheese Sandwich on Roll	1 sandwich	300	318	5.06	830	*5	11.69	31.18	*2.10
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	80	272	1.42	537	5	7.33	31.91	4.23
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990034 Carrots, baby cut, ready to serve	1/2 cup	300	25	0.00	57	3	0.09	5.98	2.10
990052 Garden Salad, side salad	1 cup	280	26	0.00	36	3	0.27	5.46	1.78
990033 Pears, canned, dice	1/2 cup	300	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			655	*5.73	908	*51	22.49	87.07	*10.18
% of Calories				*7.87%		*31.1%	30.9%	53.2%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Tuesday - 11/09/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990178 BLT Chicken Sandwich on Torpedo	1 sandwich	300	413	3.50	1035	5	16.09	36.15	2.49
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	80	272	1.42	537	5	7.33	31.91	4.23
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990034 Carrots, baby cut, ready to serve	1/2 cup	300	25	0.00	57	3	0.09	5.98	2.10
990052 Garden Salad, side salad	1 cup	280	26	0.00	36	3	0.27	5.46	1.78
990033 Pears, canned, dice	1/2 cup	300	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			704	*4.93	1014	51	24.77	89.64	10.39
% of Calories				*6.30%		29.0%	31.7%	50.9%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Wednesday - 11/10/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990060 Salami & Cheese Sandwich	1 sandwich	300	284	5.29	1146	*3	15.07	16.66	*1.88
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	80	272	1.42	537	5	7.33	31.91	4.23
990055 Sunbutter & Jelly Sandwich	1 sandwich	200	577	*4.01	569	17	36.05	49.54	10.08
990176 Mexican Three (3) Bean Salad	1/2 cup	300	127	0.17	355	*1	0.84	23.16	6.95
990034 Carrots, baby cut, ready to serve	1/2 cup	280	25	0.00	57	3	0.09	5.98	2.10
990033 Pears, canned, dice	1/2 cup	300	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	280	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	0.00

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Nov 1, 2021 thru Nov 30, 2021

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			690	*5.93	1237	*49	24.54	88.70	*12.73
% of Calories				*7.73%		*28.4%	32.0%	51.4%	
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0		

Friday - 11/12/2021

Reimbursable Meal Total 580

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Carb (g)	Fiber (g)
990195 RI STYLE PIZZA STRIPS w/ CHEESE CUBES	1 slice	400	366	9.14	717	6	16.03	34.54	3.75
990173 Chicken Caesar Salad w/ Breadstick - Elementary	1 salad	80	272	1.42	537	5	7.33	31.91	4.23
990055 Sunbutter & Jelly Sandwich	1 sandwich	100	577	*4.01	569	17	36.05	49.54	10.08
990034 Carrots, baby cut, ready to serve	1/2 cup	400	25	0.00	57	3	0.09	5.98	2.10
990052 Garden Salad, side salad	1 cup	180	26	0.00	36	3	0.27	5.46	1.78
990033 Pears, canned, dice	1/2 cup	400	73	0.00	6	15	0.00	19.47	2.43
000064 APPLES,Fresh	EACH	180	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
000228 MILK,1% Chocolate	HALF PINT	540	160	1.54	162	25	2.78	25.38	0.25
000231 MILK,Skim	HALF PINT	10	83	0.14	103	12	0.20	12.15	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)
000230 MILK,1% Lowfat	HALF PINT	30	102	1.54	107	13	2.37	12.18	0.00
Weighted Daily Average			643	*8.72	880	49	21.21	86.38	9.85
% of Calories				*12.21%		30.5%	29.7%	53.7%	
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	762	*7.66	1308	*51	*28.67	*88.05	*10.16
% of Calories		*9.05%		*26.8%	*33.9%	*46.2%	

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.