

Planned Menu Spreadsheet

Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

Menu Name: COVID Breakfast K12

Include Cost: No

Site: All Sites

Report Style: Detailed

Monday - 08/17/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000132 Cereal, Assorted	Each (1oz)	636	112	0.00	180	6	1.40	0.00	0	23.20	1.80	1.40	400	104.0	4.27	7.56
000123 Cheese, String Reduced Fat	Each (1oz)	636	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	0	198.0	0.00	0.00
990108 Canned Fruit	0.5 Cup	636	89	0.00	2	19	0.00	0.00	0	21.65	1.40	0.42	0	4.9	6.23	0.15
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			430	3.50	598	46	6.90	0.00	27	67.49	3.20	23.72	1117	837.1	13.95	7.71
% of Calories				7.33%		42.8%	14.4%	0.0%		62.8%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 08/18/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990115 Muffin, Assorted Dave's	Each (3.15oz)	636	224	0.89	117	17	5.95	0.00	30	38.99	3.14	3.83	50	6.8	0.86	1.06
000064 Apple, Size 163 CT)	Each (163 CT)	636	58	0.03	1	12	0.19	0.00	0	15.35	2.67	0.29	60	6.7	5.11	0.13
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00

Planned Menu Spreadsheet

Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			451	2.42	335	49	8.64	0.00	47	75.98	5.81	19.03	827	543.6	9.41	1.19
% of Calories				4.83%		43.5%	17.2%	0.0%		67.4%		16.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 08/19/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000132 Cereal, Assorted	Each (1oz)	636	112	0.00	180	6	1.40	0.00	0	23.20	1.80	1.40	400	104.0	4.27	7.56
000123 Cheese, String Reduced Fat	Each (1oz)	636	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	0	198.0	0.00	0.00
000832 Banana	Each	636	105	0.00	1	14	0.39	0.00	0	26.95	3.10	1.29	76	6.0	10.30	0.31
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			446	3.50	597	41	7.29	0.00	27	72.79	4.90	24.60	1193	838.2	18.01	7.87
% of Calories				7.06%		36.8%	14.7%	0.0%		65.3%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 08/20/2020

Reimbursable Meal Total 636

Planned Menu Spreadsheet

Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990114 Bagel Pull-Apart, Assorted	Each (2oz)	636	470	5.00	360	26	12.00	0.00	20	82.00	4.00	12.00	200	40.0	0.00	2.16
000831 Orange, Size 138	Each (#138)	636	69	0.02	1	12	0.21	0.00	0	17.56	3.10	1.27	346	60.0	82.70	0.18
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			708	6.52	577	58	14.71	0.00	37	121.20	7.10	28.18	1263	630.2	86.14	2.34
% of Calories				8.29%		32.8%	18.7%	0.0%		68.5%		15.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 08/21/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990078 Frudel	Each (2.29oz)	636	210	1.00	255	10	6.00	0.00	0	36.00	2.00	4.00	0	0.0	0.00	1.50
990108 Canned Fruit	0.5 Cup	636	89	0.00	2	19	0.00	0.00	0	21.65	1.40	0.42	0	4.9	6.23	0.15
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			468	2.50	473	50	8.50	0.00	17	79.29	3.40	19.32	717	535.1	9.67	1.65
% of Calories				4.81%		42.7%	16.3%	0.0%		67.8%		16.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 08/24/2020

Reimbursable Meal Total 636

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Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000132 Cereal, Assorted	Each (1oz)	636	112	0.00	180	6	1.40	0.00	0	23.20	1.80	1.40	400	104.0	4.27	7.56
000123 Cheese, String Reduced Fat	Each (1oz)	636	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	0	198.0	0.00	0.00
990108 Canned Fruit	0.5 Cup	636	89	0.00	2	19	0.00	0.00	0	21.65	1.40	0.42	0	4.9	6.23	0.15
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			430	3.50	598	46	6.90	0.00	27	67.49	3.20	23.72	1117	837.1	13.95	7.71
% of Calories				7.33%		42.8%	14.4%	0.0%		62.8%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Tuesday - 08/25/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990115 Muffin, Assorted Dave's	Each (3.15oz)	636	224	0.89	117	17	5.95	0.00	30	38.99	3.14	3.83	50	6.8	0.86	1.06
000064 Apple, Size 163 CT)	Each (163 CT)	636	58	0.03	1	12	0.19	0.00	0	15.35	2.67	0.29	60	6.7	5.11	0.13
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00

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Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			451	2.42	335	49	8.64	0.00	47	75.98	5.81	19.03	827	543.6	9.41	1.19
% of Calories				4.83%		43.5%	17.2%	0.0%		67.4%		16.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Wednesday - 08/26/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000132 Cereal, Assorted	Each (1oz)	636	112	0.00	180	6	1.40	0.00	0	23.20	1.80	1.40	400	104.0	4.27	7.56
000123 Cheese, String Reduced Fat	Each (1oz)	636	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	0	198.0	0.00	0.00
000832 Banana	Each	636	105	0.00	1	14	0.39	0.00	0	26.95	3.10	1.29	76	6.0	10.30	0.31
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			446	3.50	597	41	7.29	0.00	27	72.79	4.90	24.60	1193	838.2	18.01	7.87
% of Calories				7.06%		36.8%	14.7%	0.0%		65.3%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Thursday - 08/27/2020

Reimbursable Meal Total 636

Planned Menu Spreadsheet

Lompoc Unified School District

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990114 Bagel Pull-Apart, Assorted	Each (2oz)	636	470	5.00	360	26	12.00	0.00	20	82.00	4.00	12.00	200	40.0	0.00	2.16
000831 Orange, Size 138	Each (#138)	636	69	0.02	1	12	0.21	0.00	0	17.56	3.10	1.27	346	60.0	82.70	0.18
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			708	6.52	577	58	14.71	0.00	37	121.20	7.10	28.18	1263	630.2	86.14	2.34
% of Calories				8.29%		32.8%	18.7%	0.0%		68.5%		15.9%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Friday - 08/28/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990078 Frudel	Each (2.29oz)	636	210	1.00	255	10	6.00	0.00	0	36.00	2.00	4.00	0	0.0	0.00	1.50
990108 Canned Fruit	0.5 Cup	636	89	0.00	2	19	0.00	0.00	0	21.65	1.40	0.42	0	4.9	6.23	0.15
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			468	2.50	473	50	8.50	0.00	17	79.29	3.40	19.32	717	535.1	9.67	1.65
% of Calories				4.81%		42.7%	16.3%	0.0%		67.8%		16.5%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

Monday - 08/31/2020

Reimbursable Meal Total 636

Planned Menu Spreadsheet

Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000132 Cereal, Assorted	Each (1oz)	636	112	0.00	180	6	1.40	0.00	0	23.20	1.80	1.40	400	104.0	4.27	7.56
000123 Cheese, String Reduced Fat	Each (1oz)	636	60	2.00	200	1	3.00	0.00	10	1.00	0.00	7.00	0	198.0	0.00	0.00
990108 Canned Fruit	0.5 Cup	636	89	0.00	2	19	0.00	0.00	0	21.65	1.40	0.42	0	4.9	6.23	0.15
001012 Milk, 1% Low Fat	Each (8oz)	636	130	1.50	160	15	2.50	0.00	15	16.00	0.00	11.00	500	400.0	2.40	0.00
990061 Milk, Fat-Free	Each (8oz)	276	90	0.00	130	12	0.00	0.00	5	13.00	0.00	9.00	500	300.0	2.40	0.00
Weighted Daily Average			430	3.50	598	46	6.90	0.00	27	67.49	3.20	23.72	1117	837.1	13.95	7.71
% of Calories				7.33%		42.8%	14.4%	0.0%		62.8%		22.1%				
Weekly Nutrient Guideline			450 - 500	<10	540		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	494	4	523	49	9.00	0.00	31	81.91	4.73	23.04	1032	691	26.21	4.48
% of Calories		6.69%		39.7%	16.4%	0.0%		66.3%		18.7%				

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.