

# Planned Menu Spreadsheet

Lompoc Unified School District

## Portion Values

Aug 17, 2020 thru Aug 31, 2020

**Menu Name:** COVID Lunch K8 **Include Cost:** No  
**Site:** All Sites **Report Style:** Detailed

### Monday - 08/17/2020

**Reimbursable Meal Total 636**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001412 Pulled Pork Sandwich	Each	636	317	0.50	886	12	4.56	0.00	61	39.80	2.01	25.46	0	40.2	9.00	1.44
990099 Broccoli Florets 0.75 Cup	0.75 Cup	636	31	0.10	30	2	0.34	0.00	0	6.02	2.36	2.56	565	42.6	80.92	0.66
000064 Apple, Size 163	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
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			575	2.13	1133	46	7.58	0.00	79	82.81	7.04	43.21	1342	619.7	98.47	2.24
% of Calories				3.33%		32.0%	11.9%	0.0%		57.6%		30.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 08/18/2020

**Reimbursable Meal Total 636**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990098 Cheeseburger Mini IW	Each (4.7oz)	636	320	6.00	480	7	13.00	0.00	40	36.00	4.00	17.00	300	150.0	15.00	2.70
990100 Baby Carrots 0.75 cup	0.75 cup	636	38	0.00	84	6	0.00	0.00	0	9.49	3.80	0.00	22021	0.0	128.71	1.71
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

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Lompoc Unified School District

## Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			596	7.52	781	45	15.71	0.00	57	84.69	10.90	33.18	23384	740.2	229.85	4.59
% of Calories				11.36%		30.2%	23.7%	0.0%		56.8%		22.3%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 08/19/2020

Reimbursable Meal Total 636

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990107 Nachos	servings	636	593	10.81	554	3	31.80	0.00	67	50.55	7.52	25.78	895	205.7	3.62	3.51
001479 Edamame, Frozen Shelled 0.5 Cup	0.5 Cup	636	100	0.50	5	2	4.00	0.00	0	6.00	4.00	9.00	0	50.0	0.00	1.80
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
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			920	12.84	776	36	38.49	0.00	85	93.54	14.19	49.97	1672	792.6	12.17	5.44
% of Calories				12.56%		15.7%	37.7%	0.0%		40.7%		21.7%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990113 Power Pack COVID	Each	636	490	3.50	373	20	22.50	0.00	5	60.05	6.00	15.01	502	153.4	0.00	4.34
990102 Cucumber, Sliced 0.75 cup	0.75 Cup	636	17	0.00	2	2	0.12	0.00	0	4.12	0.57	0.74	119	18.1	3.18	0.32
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			781	5.00	592	57	25.52	0.00	22	112.76	9.67	31.95	1414	707.7	16.92	4.97
% of Calories				5.76%		29.2%	29.4%	0.0%		57.8%		16.4%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 08/21/2020

Reimbursable Meal Total 276

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990110 Wrap, Turkey Ham & Cheese	Each (4.65oz)	276	290	6.99	819	2	11.98	0.00	60	25.96	2.00	17.98	300	249.6	2.40	2.70
990101 Corn, Canned 0.75 cup	0.75 Cup	276	102	0.00	179	9	1.28	0.00	0	17.90	1.28	2.56	0	6.4	0.00	0.00
001373 Pears, Bartlett - Size 135	Each (#135)	276	69	0.03	1	12	0.17	0.00	0	18.44	3.75	0.44	30	10.9	5.20	0.22
001012 Milk, 1% Low Fat	Each (8oz)	276	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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## Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			681	8.52	1289	50	15.93	0.00	80	91.30	7.03	40.97	1330	966.9	12.40	2.91
% of Calories				11.26%		29.4%	21.1%	0.0%		53.6%		24.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 08/24/2020

Reimbursable Meal Total 276

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000806 Pasta w/ Meat Sauce	1 cup	276	482	4.75	768	9	13.20	0.00	70	58.67	6.28	32.66	3055	105.1	20.21	7.07
990099 Broccoli Florets 0.75 Cup	0.75 Cup	276	31	0.10	30	2	0.34	0.00	0	6.02	2.36	2.56	565	42.6	80.92	0.66
000064 Apple, Size 163	Each (163 CT)	276	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)	276	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			791	6.39	1089	49	16.22	0.00	90	109.04	11.31	55.51	4680	854.4	111.04	7.86
% of Calories				7.27%		24.8%	18.5%	0.0%		55.1%		28.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Tuesday - 08/25/2020

Reimbursable Meal Total 276

# Planned Menu Spreadsheet

Lompoc Unified School District

## Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990111 Burrito, Bean & Cheese COVID	Each (5.75oz)	276	380	6.00	500	3	15.00	0.00	25	46.00	4.00	16.00	0	294.0	0.00	3.00
990100 Baby Carrots 0.75 cup	0.75 cup	276	38	0.00	84	6	0.00	0.00	0	9.49	3.80	0.00	22021	0.0	128.71	1.71
000831 Orange, Size 138	Each (#138)	276	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)	276	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			707	7.52	875	48	17.71	0.00	45	102.05	10.90	37.27	23367	1054.0	216.21	4.89
% of Calories				9.57%		27.2%	22.5%	0.0%		57.7%		21.1%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Wednesday - 08/26/2020

Reimbursable Meal Total 276

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
000191 Taco, Carnitas, Soft	Each	276	423	1.52	579	0	10.92	0.00	119	30.95	2.10	44.70	0	141.0	0.55	1.84
001479 Edamame, Frozen Shelled 0.5 Cup	0.5 Cup	276	100	0.50	5	2	4.00	0.00	0	6.00	4.00	9.00	0	50.0	0.00	1.80
000064 Apple, Size 163	Each (163 CT)	276	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)	276	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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			800	3.55	875	41	17.61	0.00	139	81.30	8.77	73.99	1060	897.7	10.46	3.78
% of Calories				3.99%		20.5%	19.8%	0.0%		40.6%		37.0%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Thursday - 08/27/2020

Reimbursable Meal Total 276

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001374 Bistro Box	Each	276	365	2.89	380	27	9.45	0.00	45	55.04	3.14	14.85	552	305.1	0.86	1.06
990102 Cucumber, Sliced 0.75 cup	0.75 Cup	276	17	0.00	2	2	0.12	0.00	0	4.12	0.57	0.74	119	18.1	3.18	0.32
000832 Banana	Each	276	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)	276	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			707	4.39	673	71	12.46	0.00	65	115.11	6.81	36.87	1747	1029.3	19.13	1.68
% of Calories				5.59%		40.2%	15.9%	0.0%		65.1%		20.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Friday - 08/28/2020

Reimbursable Meal Total 276

# Planned Menu Spreadsheet

Lompoc Unified School District

## Portion Values

Aug 17, 2020 thru Aug 31, 2020

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
990112 Pizza, Tony, Galaxy COVID	Each	276	285	6.00	465	7	12.50	0.00	32	27.50	3.00	15.50	180	255.0	0.00	1.90
990101 Corn, Canned 0.75 cup	0.75 Cup	276	102	0.00	179	9	1.28	0.00	0	17.90	1.28	2.56	0	6.4	0.00	0.00
001373 Pears, Bartlett - Size 135	Each (#135)	276	69	0.03	1	12	0.17	0.00	0	18.44	3.75	0.44	30	10.9	5.20	0.22
001012 Milk, 1% Low Fat	Each (8oz)	276	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			676	7.53	935	55	16.45	0.00	52	92.84	8.03	38.49	1210	972.3	10.00	2.12
% of Calories				10.03%		32.5%	21.9%	0.0%		54.9%		22.8%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

### Monday - 08/31/2020

Reimbursable Meal Total 276

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001412 Pulled Pork Sandwich	Each	276	317	0.50	886	12	4.56	0.00	61	39.80	2.01	25.46	0	40.2	9.00	1.44
990099 Broccoli Florets 0.75 Cup	0.75 Cup	276	31	0.10	30	2	0.34	0.00	0	6.02	2.36	2.56	565	42.6	80.92	0.66
000064 Apple, Size 163 CT)	Each (163 CT)	276	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)	276	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 <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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			626	2.13	1207	53	7.58	0.00	81	90.17	7.04	48.30	1625	789.5	99.83	2.24
% of Calories				3.06%		33.9%	10.9%	0.0%		57.6%		30.9%				
Weekly Nutrient Guideline			600 - 650	<10	1230		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	715	6	930	50	17.39	0.00	72	95.96	9.24	44.52	5712	857	76.04	3.88
% of Calories		7.73%		28.0%	21.9%	0.0%		53.7%		24.9%				

\*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.**