

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

**Menu Name:** NL Breakfast 6-8 **Include Cost:** No  
**Site:** 6 - Nichols-Lawson Middle School **Report Style:** Detailed

### Thursday - 10/01/2020

**Reimbursable Meal Total 100**

	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)
900353 Pancake, Mini, Berry	pack	100	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			525	1.02	480	*44	6.14	0.00	18	102.19	5.58	12.22	1209	406.4	27.35	3.10
% of Calories				1.75%		*33.5%	10.5%	0.0%		77.9%		9.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 10/02/2020

**Reimbursable Meal Total 100**

	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)
001574 Poptart, Strawberry WG	EACH	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			415	1.02	320	*37	2.64	0.00	8	85.19	4.58	10.22	1154	446.4	27.35	2.20
% of Calories				2.21%		*35.7%	5.7%	0.0%		82.1%		9.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 10/05/2020

Reimbursable Meal Total 100

	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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 10/06/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
000918 Pancake/Sausage on a Stick	Serving	100	226	4.23	338	4	14.10	0.00	24	16.92	1.88	6.58	19	18.8	0.00	1.35
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			541	4.25	508	*37	14.24	0.00	32	84.11	3.46	14.80	727	365.2	27.35	1.75
% of Calories				7.07%		*27.4%	23.7%	0.0%		62.2%		10.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 10/07/2020

Reimbursable Meal Total 100

	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)
001631 Strudel Stick, Apple	EACH	100	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			445	1.52	420	*33	6.14	0.00	8	83.19	3.58	13.22	654	346.4	27.35	2.92
% of Calories				3.07%		*29.7%	12.4%	0.0%		74.8%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 10/08/2020

Reimbursable Meal Total 100

	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)
001471 Pancakes (2)	2 Pancakes	100	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			475	0.69	430	*40	4.14	0.00	15	94.52	3.58	11.56	742	373.1	27.35	1.36
% of Calories				1.31%		*33.7%	7.8%	0.0%		79.6%		9.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 10/09/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
900154 Breakfast, Sausage Sandwich	sandwich	100	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
000277 Jelly, Assorted	Each	100	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			500	5.02	461	*32	14.14	0.00	38	75.19	3.58	15.22	702	386.4	36.35	1.84
% of Calories				9.04%		*25.6%	25.5%	0.0%		60.2%		12.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 10/12/2020

Reimbursable Meal Total 100

	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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 10/13/2020

Reimbursable Meal Total 100

	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)
000287 French Toast Sticks: 4=2B	4 PIECES	100	300	3.00	400	15	13.00	0.00	0	43.00	3.00	6.00	75	0.0	0.00	1.44
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			615	3.02	570	*48	13.14	0.00	8	110.19	4.58	14.22	784	346.4	27.35	1.84
% of Calories				4.42%		*31.2%	19.2%	0.0%		71.7%		9.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 10/14/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 10/15/2020

Reimbursable Meal Total 100

	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)
001586 Mini Cinnis	servings	100	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			468	1.96	431	*36	7.90	0.00	8	86.00	3.52	13.07	726	385.2	27.35	0.40
% of Calories				3.77%		*30.8%	15.2%	0.0%		73.5%		11.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 10/16/2020

Reimbursable Meal Total 100

	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)
001631 Strudel Stick, Apple	EACH	100	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			445	1.52	420	*33	6.14	0.00	8	83.19	3.58	13.22	654	346.4	27.35	2.92
% of Calories				3.07%		*29.7%	12.4%	0.0%		74.8%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 10/19/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

## Tuesday - 10/20/2020

Reimbursable Meal Total 100

	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)
001582 Waffles, Mini Blueberry	EACH	100	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			525	1.02	350	*45	6.14	0.00	12	104.19	4.58	12.22	769	366.4	27.35	1.12
% of Calories				1.75%		*34.3%	10.5%	0.0%		79.4%		9.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 10/21/2020

Reimbursable Meal Total 100

	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)
001631 Strudel Stick, Apple	EACH	100	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			445	1.52	420	*33	6.14	0.00	8	83.19	3.58	13.22	654	346.4	27.35	2.92
% of Calories				3.07%		*29.7%	12.4%	0.0%		74.8%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 10/22/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
900353 Pancake, Mini, Berry	pack	100	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			525	1.02	480	*44	6.14	0.00	18	102.19	5.58	12.22	1209	406.4	27.35	3.10
% of Calories				1.75%		*33.5%	10.5%	0.0%		77.9%		9.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 10/23/2020

Reimbursable Meal Total 100

	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)
900154 Breakfast, Sausage Sandwich	sandwich	100	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
000277 Jelly, Assorted	Each	100	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			500	5.02	461	*32	14.14	0.00	38	75.19	3.58	15.22	702	386.4	36.35	1.84
% of Calories				9.04%		*25.6%	25.5%	0.0%		60.2%		12.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Monday - 10/26/2020

Reimbursable Meal Total 100

	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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 10/27/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001631 Strudel Stick, Apple	EACH	100	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			445	1.52	420	*33	6.14	0.00	8	83.19	3.58	13.22	654	346.4	27.35	2.92
% of Calories				3.07%		*29.7%	12.4%	0.0%		74.8%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 10/28/2020

Reimbursable Meal Total 100

	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)
900343 Muffin, Blueberry WG	each	100	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			395	0.52	265	*35	5.14	0.00	28	73.19	2.58	10.22	719	366.4	27.35	1.12
% of Calories				1.18%		*35.4%	11.7%	0.0%		74.1%		10.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 10/29/2020

Reimbursable Meal Total 100

	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)
001744 MINI PANCAKE BITES WG 2019	SERVINGS	100	540	7.50	840	12	27.00	0.00	75	45.00	9.00	18.00	0	60.0	0.00	5.40
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			855	7.52	1010	*45	27.14	0.00	83	112.18	10.58	26.22	709	406.4	27.35	5.80
% of Calories				7.92%		*21.1%	28.6%	0.0%		52.5%		12.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 10/30/2020

Reimbursable Meal Total 100

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 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)
001574 Poptart, Strawberry WG	EACH	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	100	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001427 MILK, FF CHOCOLATE	HALF PINT	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			415	1.02	320	*37	2.64	0.00	8	85.19	4.58	10.22	1154	446.4	27.35	2.20
% of Calories				2.21%		*35.7%	5.7%	0.0%		82.1%		9.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	478	2	413	*37	7.91	0.00	22	85.83	3.98	12.80	796	378	28.17	2.04
% of Calories		3.58%		*31.0%	14.9%	0.0%		71.8%		10.7%				

\*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

<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.