

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

**Menu Name:** IV Breakfast K-5 **Include Cost:** No  
**Site:** 5 - Indian Valley Elementary School **Report Style:** Detailed

### Thursday - 10/01/2020

**Reimbursable Meal Total 182**

	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)
990215 Donut Holes	3 pieces	182	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001499 Cheese, String, Mozz	1 OZ	182	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900065 Juice Assortment	SERVING	182	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	76	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	106	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			394	7.00	439	*16	14.00	0.00	23	47.57	1.00	15.85	617	539.3	13.72	0.69
% of Calories				15.99%		*16.2%	32.0%	0.0%		48.3%		16.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 10/02/2020

**Reimbursable Meal Total 182**

	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)
900354 Pancake, mini Maple Flavor	serving	182	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
001470 Sausage Link; 1 link	1 link	182	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	182	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

# 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	76	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	106	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			464	3.00	637	*24	13.00	0.00	38	66.57	4.00	15.85	912	385.4	13.72	3.25
% of Calories				5.82%		*20.7%	25.2%	0.0%		57.4%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 10/05/2020

Reimbursable Meal Total 245

	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	245	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	245	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	245	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			433	4.52	471	*23	8.64	0.00	22	71.80	4.58	16.20	1210	493.6	14.24	2.29
% of Calories				9.39%		*21.2%	18.0%	0.0%		66.3%		15.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 10/06/2020

Reimbursable Meal Total 245

# 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)
990228 Beef Sausage Cheese Mini Bagel	each	245	235	2.00	437	4	7.00	0.00	33	26.00	2.00	15.00	89	56.0	1.00	2.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	245	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			408	2.02	578	*12	7.14	0.00	40	58.80	3.58	23.20	600	242.6	15.24	2.39
% of Calories				4.46%		*11.8%	15.8%	0.0%		57.6%		22.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Thursday - 10/08/2020

Reimbursable Meal Total 200

	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	200	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	200	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			432	4.52	470	*23	8.64	0.00	22	71.65	4.58	16.18	1213	495.4	14.23	2.29
% of Calories				9.42%		*21.3%	18.0%	0.0%		66.3%		15.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

# Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

## Friday - 10/09/2020

Reimbursable Meal Total 200

	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)
990228 Beef Sausage Cheese Mini Bagel	each	200	235	2.00	437	4	7.00	0.00	33	26.00	2.00	15.00	89	56.0	1.00	2.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			471	2.02	581	*26	7.14	0.00	40	73.85	3.58	23.18	716	384.4	28.43	2.41
% of Calories				3.86%		*22.1%	13.6%	0.0%		62.7%		19.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Monday - 10/12/2020

Reimbursable Meal Total 245

	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)
990215 Donut Holes	3 pieces	245	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001499 Cheese, String, Mozz	1 OZ	245	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# 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)
001427 MILK, FF CHOCOLATE	HALF PINT	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			393	7.00	439	*16	14.00	0.00	22	47.67	1.00	15.80	608	533.3	13.74	0.70
% of Calories				16.03%		*16.3%	32.1%	0.0%		48.5%		16.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Tuesday - 10/13/2020

Reimbursable Meal Total 245

	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)
900354 Pancake, mini Maple Flavor	serving	245	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
001470 Sausage Link; 1 link	1 link	245	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			464	3.00	639	*24	13.00	0.00	37	66.83	4.00	15.86	905	380.3	13.75	3.26
% of Calories				5.82%		*20.7%	25.2%	0.0%		57.6%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Thursday - 10/15/2020

Reimbursable Meal Total 200

# 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)
990215 Donut Holes	3 pieces	200	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001499 Cheese, String, Mozz	1 OZ	200	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
001399 Peaches: 1/2 cup	1/2 CUP	200	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			483	7.00	446	*16	14.00	0.00	22	71.82	2.62	16.51	898	539.6	17.71	1.28
% of Calories				13.04%		*13.3%	26.1%	0.0%		59.5%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 10/16/2020

Reimbursable Meal Total 200

	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)
900354 Pancake, mini Maple Flavor	serving	200	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
001470 Sausage Link; 1 link	1 link	200	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

# 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)
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			463	3.00	636	*24	13.00	0.00	37	66.53	4.00	15.78	906	381.2	13.73	3.25
% of Calories				5.83%		*20.7%	25.3%	0.0%		57.5%		13.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 10/19/2020

Reimbursable Meal Total 245

	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)
900055 Pizza, Breakfast WG, Sausage	slice	245	218	3.40	680	3	9.52	0.00	14	21.77	2.72	10.88	136	204.1	0.00	1.47
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			391	3.40	820	*16	9.52	0.00	21	53.44	2.72	18.68	539	523.5	13.74	1.67
% of Calories				7.83%		*16.4%	21.9%	0.0%		54.7%		19.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 10/20/2020

Reimbursable Meal Total 245

	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)
990227 Sunrise Stick	Each	245	168	3.00	299	1	7.00	0.00	21	16.00	2.00	9.00	104	156.0	3.00	1.00

# Planned Menu Spreadsheet

Sylacauga City Schools

## 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)
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	245	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	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			405	3.02	444	*23	7.14	0.00	28	64.00	3.58	17.20	728	482.6	30.44	1.41
% of Calories				6.71%		*22.7%	15.9%	0.0%		63.2%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 10/22/2020

Reimbursable Meal Total 200

	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)
900055 Pizza, Breakfast WG, Sausage	slice	200	218	3.40	680	3	9.52	0.00	14	21.77	2.72	10.88	136	204.1	0.00	1.47
900065 Juice Assortment	SERVING	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			391	3.40	819	*16	9.52	0.00	21	53.30	2.72	18.66	542	525.3	13.73	1.66
% of Calories				7.83%		*16.4%	21.9%	0.0%		54.5%		19.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 10/23/2020

Reimbursable Meal Total 200



# 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)
990227 Sunrise Stick	Each	200	168	3.00	299	1	7.00	0.00	21	16.00	2.00	9.00	104	156.0	3.00	1.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	80	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			404	3.02	443	*23	7.14	0.00	28	63.85	3.58	17.18	731	484.4	30.43	1.41
% of Calories				6.73%		*22.8%	15.9%	0.0%		63.2%		17.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 10/27/2020

Reimbursable Meal Total 310

	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	92	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	115	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	300	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	69	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	23	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07

# 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)
001427 MILK, FF CHOCOLATE	HALF PINT	194	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			256	1.50	231	*19	4.22	0.00	15	42.34	1.18	9.55	421	307.3	21.09	0.70
% of Calories				5.27%		*29.7%	14.8%	0.0%		66.2%		14.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 10/29/2020

Reimbursable Meal Total 310

	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)
900152 Breakfast Wrap	Wrap	100	200	4.00	290	0	10.00	0.00	45	17.00	2.00	11.00	400	200.0	3.60	5.40
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	183	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	340	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	79	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	24	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	194	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			278	1.31	235	*22	3.32	0.00	21	48.13	1.58	11.38	622	389.7	24.29	2.07
% of Calories				4.24%		*31.7%	10.7%	0.0%		69.3%		16.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 10/30/2020

Reimbursable Meal Total 300

# 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	110	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	115	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	183	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	340	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	79	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	24	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	194	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			317	1.73	270	*28	3.32	0.00	12	58.39	2.07	11.12	769	452.0	23.90	1.04
% of Calories				4.91%		*35.3%	9.4%	0.0%		73.7%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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	403	4	506	*21	9.22	0.00	26	60.38	2.96	16.36	761	444	18.60	1.87
% of Calories		7.95%		*20.8%	20.6%	0.0%		59.9%		16.2%				

- \*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
- <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.**