

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Menu Name: PC Breakfast K-5 **Include Cost:** No
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Tuesday - 01/05/2021 Reimbursable Meal Total 300

	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)
001511 French Toast Sticks: 3	3 PIECES	300	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
001470 Sausage Link; 1 link	1 link	300	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	300	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	200	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900070 MILK, FF SKIM	HALF PINT	100	83	0.12	103	12	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			477	4.29	623	*29	16.82	0.00	25	64.83	2.25	16.59	312	316.3	13.80	1.65
% of Calories				8.09%		*24.3%	31.7%	0.0%		54.4%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 01/07/2021 Reimbursable Meal Total 300

	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)
001631 Strudel Stick, Apple	EACH	300	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
001515 Cheese, Mozz, String: 1oz	1 OZ	300	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	300	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

Jan 5, 2021 thru Jan 29, 2021

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	100	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	200	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			466	5.00	574	*24	12.00	0.00	22	69.31	2.00	18.88	590	518.2	13.80	2.83
% of Calories				9.66%		*20.6%	23.2%	0.0%		59.5%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 01/08/2021

Reimbursable Meal Total 300

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001779 Breakfast Pizza, IW 2019	servings	300	182	3.22	322	3	7.51	0.00	16	19.31	2.15	9.66	0	160.9	0.00	1.16
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	100	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	200	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			358	3.22	466	*17	7.51	0.00	23	51.62	2.15	17.54	391	472.1	13.80	1.37
% of Calories				8.09%		*19.0%	18.9%	0.0%		57.7%		19.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 01/11/2021

Reimbursable Meal Total 300

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
000940 Breakfast Bagel	SERVING	300	177	1.96	451	4	5.89	0.00	451	21.59	1.96	9.81	196	196.3	0.00	1.41
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	100	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	200	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			352	1.96	595	*17	5.89	0.00	459	53.89	1.96	17.69	588	507.4	13.80	1.62
% of Calories				5.01%		*19.3%	15.1%	0.0%		61.2%		20.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 01/12/2021

Reimbursable Meal Total 300

	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)
900053 Pancakes, Mini, Maple	pouch	300	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
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	100	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	200	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			386	1.00	464	*24	6.00	0.00	17	67.31	4.00	11.88	891	371.2	13.80	2.91
% of Calories				2.33%		*24.9%	14.0%	0.0%		69.8%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 01/14/2021

Reimbursable Meal Total 300

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
900266 French Toast Minis, choc. chip	1 package	300	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
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	100	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	200	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			386	1.50	414	*23	6.00	0.00	7	68.31	4.00	12.88	891	411.2	13.80	2.91
% of Calories				3.50%		*23.8%	14.0%	0.0%		70.8%		13.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 01/15/2021

Reimbursable Meal Total 300

	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)
900153 Breakfast, Egg and Cheese Sand	sandwich	300	162	2.53	283	4	7.09	0.00	71	19.24	2.02	6.08	304	81.0	9.11	1.09
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	100	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	200	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			338	2.53	427	*17	7.09	0.00	78	51.54	2.02	13.96	695	392.2	22.91	1.30
% of Calories				6.74%		*20.1%	18.9%	0.0%		61.0%		16.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 01/19/2021

Reimbursable Meal Total 300

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
900343 Muffin, Blueberry WG	each	300	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
001515 Cheese, Mozz, String: 1oz	1 OZ	300	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	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	100	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	200	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			416	4.00	419	*26	11.00	0.00	42	59.31	1.00	15.88	655	538.2	13.80	1.03
% of Calories				8.65%		*25.0%	23.8%	0.0%		57.0%		15.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 01/21/2021

Reimbursable Meal Total 300

	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)
001582 Waffles, Mini Blueberry	EACH	300	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72
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	100	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

Jan 5, 2021 thru Jan 29, 2021

	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)
001427 MILK, FF CHOCOLATE	HALF PINT	200	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			386	1.00	324	*25	6.00	0.00	11	69.31	3.00	11.88	451	331.2	13.80	0.93
% of Calories				2.33%		*25.9%	14.0%	0.0%		71.8%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 01/22/2021

Reimbursable Meal Total 300

	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)
900354 Pancake, mini Maple Flavor	serving	300	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	300	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	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	100	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	200	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			466	3.00	642	*24	13.00	0.00	37	67.31	4.00	15.88	891	371.2	13.80	3.27
% of Calories				5.79%		*20.6%	25.1%	0.0%		57.8%		13.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 01/25/2021

Reimbursable Meal Total 300

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
900154 Breakfast, Sausage Sandwich	sandwich	300	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
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	100	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	200	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			406	5.00	464	*17	14.00	0.00	37	51.31	2.00	14.88	411	351.2	22.80	1.65
% of Calories				11.08%		*16.7%	31.0%	0.0%		50.6%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 01/26/2021

Reimbursable Meal Total 300

	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)
001583 Waffles, Mini Maple	EACH	300	210	1.00	170	13	6.00	0.00	4	38.00	3.00	4.00	65	20.0	0.00	0.72
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	100	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	200	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			386	1.00	314	*26	6.00	0.00	11	70.31	3.00	11.88	456	331.2	13.80	0.93
% of Calories				2.33%		*26.9%	14.0%	0.0%		72.9%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 01/28/2021

Reimbursable Meal Total 300

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001574 Poptart, Strawberry WG	EACH	300	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900504 Yogurt, Danimal Straw-Ban NF	each	300	80	0.00	65	13	0.00	0.00	5	16.00	0.00	4.00	65	150.0	0.00	0.00
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	100	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	200	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			436	1.00	389	*41	2.50	0.00	12	86.31	3.00	13.88	956	561.2	13.80	2.01
% of Calories				2.06%		*37.6%	5.2%	0.0%		79.2%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 01/29/2021

Reimbursable Meal Total 300

	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)
900353 Pancake, Mini, Berry	pack	300	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
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	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	200	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			386	1.00	454	*24	6.00	0.00	17	67.31	4.00	11.88	891	371.2	13.80	2.91
% of Calories				2.33%		*24.9%	14.0%	0.0%		69.8%		12.3%				
Weekly Nutrient Guideline			350 - 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	403	3	469	*24	8.56	0.00	57	64.14	2.74	14.68	648	417	15.09	1.95
% of Calories		5.67%		*23.8%	19.1%	0.0%		63.7%		14.6%				

- *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.