

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

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

### Thursday - 04/01/2021

**Reimbursable Meal Total 455**

	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	455	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	455	80	0.00	65	13	0.00	0.00	5	16.00	0.00	4.00	65	150.0	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	455	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	155	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	300	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	1.00	384	*40	2.50	0.00	12	85.04	3.00	13.88	1199	1122.4	30.59	2.10
% of Calories				2.08%		*37.0%	5.2%	0.0%		78.7%		12.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/02/2021

**Reimbursable Meal Total 455**

	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	455	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
000814 Apples, Fresh (HUSSC)	1/2 CUP	455	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	155	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

Apr 1, 2021 thru Apr 30, 2021

	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	300	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	1.04	451	*25	6.23	0.00	17	71.10	7.31	12.24	855	240.7	6.94	3.05
% of Calories				2.38%		*25.4%	14.3%	0.0%		72.4%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/05/2021

Reimbursable Meal Total 455

	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	455	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	455	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
001005 Applesauce Cup	SERVING	455	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
001426 MILK, 1% FAT	HALF PINT	155	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	300	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	4.00	426	*13	11.00	0.00	42	68.28	3.31	15.88	545	399.4	28.29	1.42
% of Calories				8.33%		*12.0%	22.9%	0.0%		63.2%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/06/2021

Reimbursable Meal Total 455

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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	455	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
900153 Breakfast, Egg and Cheese Sand	sandwich	1	162	2.53	283	4	7.09	0.00	71	19.24	2.02	6.08	304	81.0	9.11	1.09
990001 Juice, Apple	CARTON	455	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	155	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	300	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			402	5.01	465	*16	14.02	0.00	37	50.08	2.00	14.89	361	212.6	9.61	1.62
% of Calories				11.22%		*15.9%	31.4%	0.0%		49.8%		14.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/07/2021

Reimbursable Meal Total 452

	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)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	452	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000086 Oranges	1/2 CUP	452	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	153	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

Apr 1, 2021 thru Apr 30, 2021

	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	299	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			326	0.54	255	*21	3.30	0.00	7	63.33	6.38	11.87	637	432.7	64.05	2.11
% of Calories				1.49%		*25.8%	9.1%	0.0%		77.7%		14.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/08/2021

Reimbursable Meal Total 455

	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	455	200	4.00	290	0	10.00	0.00	45	17.00	2.00	11.00	400	200.0	3.60	5.40
000086 Oranges	1/2 CUP	455	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
990001 Juice, Apple	CARTON	455	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	155	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	300	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	4.04	434	*25	10.30	0.00	52	64.31	5.38	19.87	1058	433.0	67.64	5.71
% of Calories				8.34%		*22.9%	21.3%	0.0%		59.0%		18.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/09/2021

Reimbursable Meal Total 455

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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	455	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
001499 Cheese, String, Mozz	1 OZ	455	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	455	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	155	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	300	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			538	5.00	575	*42	12.00	0.00	22	87.11	4.28	20.02	480	402.2	0.59	2.80
% of Calories				8.36%		*31.2%	20.1%	0.0%		64.8%		14.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/12/2021

Reimbursable Meal Total 422

	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	422	235	2.00	437	4	7.00	0.00	33	26.00	2.00	15.00	89	56.0	1.00	2.00
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	145	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	277	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	2.00	576	*16	7.00	0.00	40	57.02	2.00	22.88	724	928.9	31.59	2.30
% of Calories				4.43%		*15.8%	15.5%	0.0%		56.2%		22.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

# Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

## Tuesday - 04/13/2021

Reimbursable Meal Total 422

	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)
900266 French Toast Minis, choc. chip	1 package	422	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
000814 Apples, Fresh (HUSSC)	1/2 CUP	422	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			497	1.54	531	*24	6.23	0.00	16	86.37	7.31	21.00	1215	506.8	7.25	3.17
% of Calories				2.79%		*19.3%	11.3%	0.0%		69.5%		16.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Wednesday - 04/14/2021

Reimbursable Meal Total 452

	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)
001804 NutriGrain Bar - SWP 2020	Each	452	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000086 Oranges	1/2 CUP	452	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	153	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

Apr 1, 2021 thru Apr 30, 2021

	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	299	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			336	0.54	270	*27	4.30	0.00	7	63.33	6.38	10.87	1347	432.7	64.05	2.11
% of Calories				1.45%		*32.1%	11.5%	0.0%		75.4%		12.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/15/2021

Reimbursable Meal Total 422

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	422	260	2.50	290	15	8.00	0.00	*N/A*	41.00	3.00	0.00	0	0.0	0.00	0.00
001515 Cheese, Mozz, String: 1oz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			535	2.50	555	*27	8.00	0.00	*16	86.32	3.00	15.64	701	398.5	0.90	0.31
% of Calories				4.21%		*20.2%	13.5%	0.0%		64.5%		11.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/16/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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)
900153 Breakfast, Egg and Cheese Sand	sandwich	422	162	2.53	283	4	7.09	0.00	71	19.24	2.02	6.08	304	81.0	9.11	1.09
000086 Oranges	1/2 CUP	422	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			442	2.57	543	*17	7.38	0.00	87	66.83	5.41	22.70	1262	540.1	73.46	1.53
% of Calories				5.23%		*15.4%	15.0%	0.0%		60.5%		20.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/19/2021

Reimbursable Meal Total 422

	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	422	210	1.50	280	11	6.00	0.00	0	36.00	2.00	5.00	0	0.0	0.00	2.52
001499 Cheese, String, Mozz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	422	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	145	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	277	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			458	1.50	425	*42	6.00	0.00	7	86.09	4.28	14.02	281	195.7	0.59	2.70
% of Calories				2.95%		*36.7%	11.8%	0.0%		75.2%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									



# Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

## Tuesday - 04/20/2021

Reimbursable Meal Total 422

	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	422	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	422	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
001005 Applesauce Cup	SERVING	422	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
001426 MILK, 1% FAT	HALF PINT	422	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	422	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	422	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			619	4.12	649	*42	11.20	0.00	56	94.70	3.31	31.90	941	924.4	28.60	1.62
% of Calories				5.99%		*27.1%	16.3%	0.0%		61.2%		20.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Wednesday - 04/21/2021

Reimbursable Meal Total 452

	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)
001804 NutriGrain Bar - SWP 2020	Each	452	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000086 Oranges	1/2 CUP	452	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	153	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

Apr 1, 2021 thru Apr 30, 2021

	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	299	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			336	0.54	270	*27	4.30	0.00	7	63.33	6.38	10.87	1347	432.7	64.05	2.11
% of Calories				1.45%		*32.1%	11.5%	0.0%		75.4%		12.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/22/2021

Reimbursable Meal Total 422

	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)
990226 Grilled Cheese Sandwich	Each	422	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
000814 Apples, Fresh (HUSSC)	1/2 CUP	422	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			567	5.04	841	*19	9.23	0.00	47	80.37	6.31	34.00	1238	871.8	7.25	1.47
% of Calories				8.00%		*13.4%	14.7%	0.0%		56.7%		24.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/23/2021

Reimbursable Meal Total 422

	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	422	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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)
001470 Sausage Link; 1 link	1 link	422	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			565	3.00	763	*23	13.00	0.00	46	80.32	4.00	23.64	1201	458.5	0.90	3.37
% of Calories				4.78%		*16.3%	20.7%	0.0%		56.9%		16.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/26/2021

Reimbursable Meal Total 422

	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	422	230	5.00	320	4	14.00	0.00	30	19.00	2.00	7.00	20	40.0	9.00	1.44
900319 Juice, Orange 4 oz.	4 oz.	422	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			505	5.00	580	*16	14.00	0.00	46	64.32	2.00	22.64	1014	1138.5	39.90	1.87
% of Calories				8.91%		*12.7%	25.0%	0.0%		50.9%		17.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/27/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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	422	168	3.00	299	1	7.00	0.00	21	16.00	2.00	9.00	104	156.0	3.00	1.00
000086 Oranges	1/2 CUP	422	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			448	3.04	559	*14	7.30	0.00	37	63.59	5.38	25.63	1062	615.1	67.35	1.44
% of Calories				6.11%		*12.5%	14.7%	0.0%		56.8%		22.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/28/2021

Reimbursable Meal Total 452

	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)
001804 NutriGrain Bar - SWP 2020	Each	452	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	0	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000086 Oranges	1/2 CUP	452	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	153	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

Apr 1, 2021 thru Apr 30, 2021

	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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	299	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			336	0.54	270	*27	4.30	0.00	7	63.33	6.38	10.87	1347	432.7	64.05	2.11
% of Calories				1.45%		*32.1%	11.5%	0.0%		75.4%		12.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/29/2021

Reimbursable Meal Total 422

	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)	Vlt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	422	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	422	80	0.00	65	13	0.00	0.00	5	16.00	0.00	4.00	65	150.0	0.00	0.00
990001 Juice, Apple	CARTON	422	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			535	1.00	510	*40	2.50	0.00	21	99.32	3.00	21.64	1266	648.5	0.90	2.11
% of Calories				1.68%		*29.9%	4.2%	0.0%		74.3%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/30/2021

Reimbursable Meal Total 422

# Planned Menu Spreadsheet

## Portion Values

Apr 1, 2021 thru Apr 30, 2021

	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)
900353 Pancake, Mini, Berry	pack	422	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
000814 Apples, Fresh (HUSSC)	1/2 CUP	422	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	422	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	422	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			497	1.04	571	*25	6.23	0.00	26	85.37	7.31	20.00	1215	466.8	7.25	3.17
% of Calories				1.88%		*20.1%	11.3%	0.0%		68.7%		16.1%				
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	456	2	496	*26	7.74	0.00	*30	74.08	4.73	18.95	968	556	30.26	2.28
% of Calories		4.89%		*22.8%	15.3%	0.0%		65.0%		16.6%				

\*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

<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.**