

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

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

### Wednesday - 01/05/2022 Reimbursable Meal Total 539

	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)
900506 Yogurt, Go-Gurt, Strawberry	each	539	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
001454 Graham Cracker Snack, Honey	EACH	539	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
000086 Oranges	1/2 CUP	165	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	539	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	194	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	338	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			369	0.01	311	*37	3.59	0.00	8	68.60	8.04	11.36	1120	297.7	22.99	2.21
% of Calories				0.02%		*40.1%	8.8%	0.0%		74.4%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/06/2022 Reimbursable Meal Total 539

	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)
001630 Strudel Stick, Cherry 2016	EACH	539	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52
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

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
900319 Juice, Orange 4 oz.	4 oz.	539	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	200	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	198	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	333	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			435	2.81	472	*28	8.31	0.00	13	74.96	3.23	15.11	739	955.1	32.91	2.91
% of Calories				5.81%		*25.7%	17.2%	0.0%		68.9%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Friday - 01/07/2022

Reimbursable Meal Total 539

	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	539	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
990001 Juice, Apple	CARTON	539	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	165	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	198	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	333	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			449	2.51	431	*31	8.09	0.00	12	76.49	4.04	8.05	442	193.7	19.98	0.21
% of Calories				5.03%		*27.6%	16.2%	0.0%		68.1%		7.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

### Monday - 01/10/2022

Reimbursable Meal Total 530

	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	530	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	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	530	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	155	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	194	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	337	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			395	2.10	370	*31	4.45	0.00	12	73.93	3.99	12.04	1002	359.1	19.13	2.05
% of Calories				4.78%		*31.4%	10.1%	0.0%		74.9%		12.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 01/11/2022

Reimbursable Meal Total 531

	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	531	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	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	194	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, 2022 thru Jan 31, 2022

	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	337	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			350	1.70	544	*23	5.70	0.00	19	54.42	3.22	16.99	662	879.0	32.42	0.35
% of Calories				4.37%		*26.3%	14.7%	0.0%		62.2%		19.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/12/2022

Reimbursable Meal Total 531

	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	531	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001515 Cheese, Mozz, String: 1oz	1 OZ	165	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	0	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
990001 Juice, Apple	CARTON	531	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	194	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	337	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	4.59	340	*15	9.86	0.00	12	46.14	1.00	11.73	414	247.8	0.57	0.61
% of Calories				12.29%		*17.9%	26.4%	0.0%		54.9%		14.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/13/2022

Reimbursable Meal Total 531

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	531	168	3.00	299	1	7.00	0.00	21	16.00	2.00	9.00	104	156.0	3.00	1.00
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	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	194	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	337	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			360	3.01	437	*17	7.07	0.00	28	52.39	2.97	16.97	766	1035.0	35.42	1.35
% of Calories				7.52%		*18.9%	17.7%	0.0%		58.2%		18.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/14/2022

Reimbursable Meal Total 531

	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	531	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001085 Bananas	1/2 cup	165	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001426 MILK, 1% FAT	HALF PINT	194	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, 2022 thru Jan 31, 2022

	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	334	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			401	1.53	412	*25	6.08	0.00	7	72.04	4.61	13.08	861	277.1	2.59	2.94
% of Calories				3.43%		*24.9%	13.6%	0.0%		71.9%		13.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 01/18/2022

Reimbursable Meal Total 531

	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	531	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	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	194	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	337	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			396	2.01	602	*20	7.07	0.00	57	59.39	1.97	16.97	662	880.0	32.42	11.35
% of Calories				4.57%		*20.2%	16.1%	0.0%		60.0%		17.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/19/2022

Reimbursable Meal Total 531

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
990318 MINI DONUTS, POWDERED, WG (OSBORN)	each	531	310	5.00	250	29	11.00	0.00	20	52.00	2.00	3.00	*N/A*	*N/A*	*N/A*	*N/A*
001515 Cheese, Mozz, String: 1oz	1 OZ	165	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	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990274 AMAZIN RAISINS WITH SUNFLOWER SEEDS	SERVINGS	165	301	2.01	15	23	17.05	0.00	0	29.09	4.01	8.02	0	47.1	0.00	1.00
001426 MILK, 1% FAT	HALF PINT	194	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	337	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			599	6.71	444	*48	18.16	0.00	32	92.18	3.25	15.23	*409	*255.5	*0.57	*0.52
% of Calories				10.08%		*32.1%	27.3%	0.0%		61.6%		10.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/20/2022

Reimbursable Meal Total 531

	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)
990267 CRESCENT ROLLS, GRAPE-FILLED	EACH	531	220	1.00	260	9	5.99	0.00	0	34.96	2.00	4.99	0	0.0	0.00	1.60
900319 Juice, Orange 4 oz.	4 oz.	531	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	165	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	194	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, 2022 thru Jan 31, 2022

	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	337	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			413	1.01	398	*25	6.07	0.00	7	71.71	3.03	12.98	663	879.1	32.54	1.95
% of Calories				2.20%		*24.2%	13.2%	0.0%		69.5%		12.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/21/2022

Reimbursable Meal Total 531

	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)
990269 BITES, FRENCH TOAST WG	SERVINGS	531	192	5.04	272	7	12.10	0.00	15	19.16	1.01	2.02	0	0.0	0.00	2.02
990001 Juice, Apple	CARTON	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001085 Bananas	1/2 cup	165	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001426 MILK, 1% FAT	HALF PINT	194	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	337	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			383	5.07	416	*22	12.18	0.00	22	55.31	1.61	10.14	362	177.7	2.60	2.25
% of Calories				11.91%		*23.0%	28.6%	0.0%		57.8%		10.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 01/24/2022

Reimbursable Meal Total 531

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	531	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	165	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	531	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	0	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	194	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	337	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			346	1.59	305	*20	4.86	0.00	12	61.14	3.00	12.73	449	440.9	0.57	2.01
% of Calories				4.14%		*23.1%	12.6%	0.0%		70.7%		14.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 01/25/2022

Reimbursable Meal Total 527

	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)
000269 Muffin, Assorted	Each	527	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001515 Cheese, Mozz, String: 1oz	1 OZ	160	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990223 Raisins, Amazing Watermelon	each	160	110	0.00	10	22	0.00	0.00	0	25.00	2.00	1.00	0	22.0	0.00	0.72
900319 Juice, Orange 4 oz.	4 oz.	527	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	179	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, 2022 thru Jan 31, 2022

	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	347	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			383	1.55	312	*32	6.41	0.00	30	65.41	1.59	11.95	749	956.5	47.37	1.27
% of Calories				3.64%		*33.4%	15.1%	0.0%		68.3%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/26/2022

Reimbursable Meal Total 539

	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	539	140	3.50	150	3	8.00	0.00	0	15.00	1.00	2.00	6	6.9	0.00	0.40
001515 Cheese, Mozz, String: 1oz	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
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	200	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990001 Juice, Apple	CARTON	539	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	198	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	333	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			349	4.81	368	*16	10.26	0.00	13	48.20	1.81	12.16	4292	267.9	1.29	0.86
% of Calories				12.40%		*18.3%	26.5%	0.0%		55.2%		13.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/27/2022

Reimbursable Meal Total 521

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	521	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	155	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000814 Apples, Fresh (HUSSC)	1/2 CUP	155	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	521	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	178	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	343	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			377	1.55	314	*30	5.85	0.00	12	67.00	3.99	11.77	1466	1136.6	32.48	2.18
% of Calories				3.70%		*31.8%	14.0%	0.0%		71.1%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/28/2022

Reimbursable Meal Total 521

	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	521	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72
001085 Bananas	1/2 cup	155	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
990001 Juice, Apple	CARTON	521	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	178	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, 2022 thru Jan 31, 2022

	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	343	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			401	1.02	325	*27	6.07	0.00	11	73.13	3.58	12.12	415	193.7	2.53	0.96
% of Calories				2.29%		*26.9%	13.6%	0.0%		72.9%		12.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Monday - 01/31/2022

Reimbursable Meal Total 540

	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	539	540	7.50	840	12	27.00	0.00	75	45.00	9.00	18.00	0	60.0	0.00	5.40
990001 Juice, Apple	CARTON	539	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
000086 Oranges	1/2 CUP	165	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	194	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	338	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			728	7.50	979	*28	27.04	0.00	82	80.45	10.02	26.02	439	252.2	19.95	5.60
% of Calories				9.27%		*15.4%	33.4%	0.0%		44.2%		14.3%				
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)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	415	3	432	*26	8.73	0.00	22	66.27	3.61	13.74	*884	*538.0	*18.80	*2.31
% of Calories		6.16%		*25.1%	18.9%	0.0%		63.9%		13.2%				

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

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*\*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.