

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

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

### Monday - 05/03/2021

**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 - 05/04/2021

**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)
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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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 - 05/05/2021

Reimbursable Meal Total 451

	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)
001804 NutriGrain Bar - SWP 2020	Each	455	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	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
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
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			420	4.07	423	*27	10.39	0.00	22	64.88	6.44	17.01	1561	645.7	64.61	2.23
% of Calories				8.72%		*25.7%	22.3%	0.0%		61.8%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 05/06/2021

Reimbursable Meal Total 455

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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 - 05/07/2021

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)
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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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			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 - 05/10/2021

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)
990228 Beef Sausage Cheese Mini Bagel	each	455	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.	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			407	2.00	576	*16	7.00	0.00	40	57.04	2.00	22.88	723	928.4	31.59	2.30
% of Calories				4.42%		*15.7%	15.5%	0.0%		56.1%		22.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 05/11/2021

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)
900266 French Toast Minis, choc. chip	1 package	455	210	1.50	270	10	6.00	0.00	0	36.00	4.00	5.00	500	100.0	0.00	2.70

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
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	1.54	411	*24	6.23	0.00	7	72.10	7.31	13.24	855	280.7	6.94	3.05
% of Calories				3.53%		*24.4%	14.3%	0.0%		73.4%		13.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 05/12/2021

Reimbursable Meal Total 451

	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)
001804 NutriGrain Bar - SWP 2020	Each	455	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	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
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
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			420	4.07	423	*27	10.39	0.00	22	64.88	6.44	17.01	1561	645.7	64.61	2.23
% of Calories				8.72%		*25.7%	22.3%	0.0%		61.8%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 05/13/2021

Reimbursable Meal Total 455

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
990236 Cinnamon Toast Crunch Soft Bar	each	455	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	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
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			512	6.00	584	*27	14.00	0.00	*22	73.04	3.00	13.88	540	379.4	0.59	0.28
% of Calories				10.55%		*21.1%	24.6%	0.0%		57.1%		10.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 05/14/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
900153 Breakfast, Egg and Cheese Sand	sandwich	455	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	455	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	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

May 3, 2021 thru May 26, 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			338	2.57	423	*17	7.38	0.00	78	52.55	5.41	14.94	902	314.0	73.16	1.40
% of Calories				6.84%		*20.1%	19.7%	0.0%		62.2%		17.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 05/17/2021

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)
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									

### Tuesday - 05/18/2021

Reimbursable Meal Total 455

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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									

### Wednesday - 05/19/2021

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)
001804 NutriGrain Bar - SWP 2020	Each	455	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	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
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
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

May 3, 2021 thru May 26, 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			416	4.04	419	*27	10.30	0.00	22	64.31	6.38	16.87	1547	640.0	64.04	2.21
% of Calories				8.74%		*26.0%	22.3%	0.0%		61.8%		16.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 05/20/2021

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)
990226 Grilled Cheese Sandwich	Each	455	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	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
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			463	5.04	721	*19	9.23	0.00	38	66.10	6.31	26.24	878	645.7	6.94	1.35
% of Calories				9.80%		*16.4%	17.9%	0.0%		57.1%		22.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 05/21/2021

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)
900354 Pancake, mini Maple Flavor	serving	455	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

May 3, 2021 thru May 26, 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)
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			382	1.00	464	*23	6.00	0.00	17	66.04	4.00	11.88	841	232.4	0.59	2.88
% of Calories				2.36%		*24.1%	14.1%	0.0%		69.2%		12.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Monday - 05/24/2021

## Reimbursable Meal Total 1

	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)
000891 Manager's Choice																
Weighted Daily Average			0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
% of Calories				0%		0%	0%	0%		0%		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	435	4	490	*24	10.08	0.00	*32	67.07	4.66	17.37	858	464	29.87	2.25
% of Calories		7.92%		*22.1%	20.9%	0.0%		61.7%		16.0%				

# Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 2021

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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.*