

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 2021

Menu Name: NL Breakfast 6-8 **Include Cost:** No
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Thursday - 08/12/2021

Reimbursable Meal Total 450

	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	450	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00
000814 Apples, Fresh (HUSSC)	1/2 CUP	450	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900065 Juice Assortment	SERVING	450	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
001426 MILK, 1% FAT	HALF PINT	200	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			435	2.04	585	*32	7.23	0.00	57	71.18	4.31	16.31	472	326.4	19.95	11.33
% of Calories				4.22%		*29.4%	15.0%	0.0%		65.5%		15.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 08/13/2021

Reimbursable Meal Total 400

	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	400	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
000999 Yogurt Choice	4 oz	400	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	0.00	0.00
001384 Juice, Orange/Pineapple	CARTON	400	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Aug 12, 2021 thru Aug 31, 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	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			347	1.00	278	*41	2.50	0.00	7	72.94	3.00	7.96	645	300.1	36.11	1.84
% of Calories				2.59%		*47.3%	6.5%	0.0%		84.1%		9.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 08/16/2021

Reimbursable Meal Total 400

	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	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
001499 Cheese, String, Mozz	1 OZ	400	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	400	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	50	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			361	4.00	351	*26	11.00	0.00	38	51.11	1.00	11.96	506	445.6	13.54	0.94
% of Calories				9.97%		*28.8%	27.4%	0.0%		56.6%		13.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 08/17/2021

Reimbursable Meal Total 410

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
000918 Pancake/Sausage on a Stick	Serving	410	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
000814 Apples, Fresh (HUSSC)	1/2 CUP	410	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001384 Juice, Orange/Pineapple	CARTON	410	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
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
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			345	1.73	478	*34	5.87	0.00	14	60.78	5.57	13.23	200	84.9	42.68	0.26
% of Calories				4.51%		*39.4%	15.3%	0.0%		70.5%		15.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 08/18/2021

Reimbursable Meal Total 400

	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)
001804 NutriGrain Bar - SWP 2020	Each	400	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
900065 Juice Assortment	SERVING	400	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	50	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

Aug 12, 2021 thru Aug 31, 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	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			351	0.50	236	*37	4.50	0.00	4	67.11	3.00	7.96	1392	518.6	13.54	1.92
% of Calories				1.28%		*42.2%	11.5%	0.0%		76.5%		9.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 08/19/2021

Reimbursable Meal Total 400

	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	400	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	400	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
900065 Juice Assortment	SERVING	400	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	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
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			376	2.00	542	*28	7.00	0.00	53	61.11	1.99	12.96	242	219.6	73.54	11.12
% of Calories				4.79%		*29.8%	16.8%	0.0%		65.0%		13.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 08/20/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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	400	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
900065 Juice Assortment	SERVING	400	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	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
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			371	1.00	286	*38	3.00	0.00	4	75.11	3.00	7.96	1142	418.6	13.54	1.92
% of Calories				2.43%		*41.0%	7.3%	0.0%		81.0%		8.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 08/23/2021

Reimbursable Meal Total 400

	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	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
001499 Cheese, String, Mozz	1 OZ	400	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	400	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	50	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

Aug 12, 2021 thru Aug 31, 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	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			361	4.00	351	*26	11.00	0.00	38	51.11	1.00	11.96	506	445.6	13.54	0.94
% of Calories				9.97%		*28.8%	27.4%	0.0%		56.6%		13.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 08/24/2021

Reimbursable Meal Total 410

	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)
001779 Breakfast Pizza, IW 2019	servings	410	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
900506 Yogurt, Go-Gurt, Strawberry	each	410	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
001384 Juice, Orange/Pineapple	CARTON	410	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
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
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			329	1.50	305	*25	5.30	0.00	13	55.29	1.80	12.46	526	294.2	37.53	1.30
% of Calories				4.10%		*30.4%	14.5%	0.0%		67.2%		15.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 08/25/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
001804 NutriGrain Bar - SWP 2020	Each	400	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
900065 Juice Assortment	SERVING	400	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	50	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			351	0.50	236	*37	4.50	0.00	4	67.11	3.00	7.96	1392	518.6	13.54	1.92
% of Calories				1.28%		*42.2%	11.5%	0.0%		76.5%		9.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 08/26/2021

Reimbursable Meal Total 400

	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	400	204	2.00	464	4	7.00	0.00	50	23.00	1.00	9.00	0	1.0	0.00	11.00
000814 Apples, Fresh (HUSSC)	1/2 CUP	0	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
000476 Juice, Grape	CARTON	400	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00	90	0.0	0.00	0.00
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

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			341	2.00	546	*22	7.00	0.00	53	50.91	1.00	12.96	219	79.6	0.34	11.10
% of Calories				5.28%		*25.8%	18.5%	0.0%		59.7%		15.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 08/27/2021

Reimbursable Meal Total 400

	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)
001700 Poptart, Blueberry	each	400	187	1.04	187	16	2.60	0.00	0	39.52	3.12	2.08	520	104.0	0.00	1.87
900506 Yogurt, Go-Gurt, Strawberry	each	400	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
000476 Juice, Grape	CARTON	400	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00	90	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	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	50	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			364	1.04	260	*44	3.10	0.00	3	75.43	3.12	6.04	1090	253.8	0.11	1.91
% of Calories				2.57%		*48.4%	7.7%	0.0%		82.9%		6.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 08/30/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
001499 Cheese, String, Mozz	1 OZ	400	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	400	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	50	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			361	4.00	351	*26	11.00	0.00	38	51.11	1.00	11.96	506	445.6	13.54	0.94
% of Calories				9.97%		*28.8%	27.4%	0.0%		56.6%		13.3%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 08/31/2021

Reimbursable Meal Total 410

	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)
001359 Ham & Cheese Croissant	Each	410	190	3.15	725	*2	8.47	*0.00	24	15.83	1.65	10.59	210	161.3	0.00	1.20
000814 Apples, Fresh (HUSSC)	1/2 CUP	410	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001384 Juice, Orange/Pineapple	CARTON	410	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
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

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			377	3.20	798	*29	8.71	*0.00	27	58.59	4.96	14.81	410	246.2	42.68	1.46
% of Calories				7.64%		*30.8%	20.8%	*0.0%		62.2%		15.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	362	2	400	*32	6.55	*0.00	25	62.06	2.70	11.18	661	328	23.87	3.49
% of Calories		5.07%		*35.4%	16.3%	*0.0%		68.6%		12.4%				

- *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.