

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

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

### Tuesday - 01/11/2022

**Reimbursable Meal Total 410**

	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)
001800 CEREAL, COCOA PUFFS 2020	EACH	410	213	0.00	223	15	2.53	0.00	0	47.59	3.04	3.04	1266	202.5	12.15	9.11
000999 Yogurt Choice	4 oz	0	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	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			400	0.04	295	*43	2.77	0.00	3	90.34	6.35	7.25	1466	287.4	54.83	9.37
% of Calories				0.09%		*43.0%	6.2%	0.0%		90.3%		7.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 01/12/2022

**Reimbursable Meal Total 400**

	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)
990288 BK ROUND, BANANA CHOCOLATE (OSBORN)	SERVINGS	400	283	4.05	243	15	12.14	0.00	10	39.45	4.05	5.06	0	30.3	0.00	1.62
001085 Bananas	1/2 cup	0	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20

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	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)
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			404	4.05	319	*29	12.14	0.00	13	63.57	4.05	9.01	242	248.9	13.54	1.74
% of Calories				9.02%		*28.7%	27.0%	0.0%		62.9%		8.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 01/13/2022

Reimbursable Meal Total 400

	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)
990299 SNACK, BACKPACKER SMORE (OSBORN)	SERVINGS	400	161	1.51	120	10	6.02	0.00	0	24.08	3.01	9.03	0	0.0	0.00	0.00
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
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
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			277	1.51	193	*23	6.02	0.00	3	48.00	3.01	12.99	129	78.6	36.34	0.10
% of Calories				4.91%		*33.2%	19.6%	0.0%		69.3%		18.8%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 01/14/2022

Reimbursable Meal Total 400

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## 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)
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
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	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									

			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			361	2	267	*35	6.01	0.00	6	69.34	4.13	8.82	732	217	26.20	3.28
% of Calories				4.14%		*38.8%	15.0%	0.0%		76.8%		9.8%				

\*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.