

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

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

### Monday - 05/03/2021

**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)
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
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			381	4.50	406	*28	8.50	0.00	18	63.11	3.00	11.96	941	525.6	13.54	2.02
% of Calories				10.63%		*29.4%	20.1%	0.0%		66.3%		12.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 05/04/2021

**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)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	410	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
000998 Raisins, Individual Box	Box	410	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	410	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

## 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	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			402	0.50	191	*52	3.00	0.00	3	86.77	5.28	8.00	166	299.5	36.33	1.90
% of Calories				1.12%		*51.7%	6.7%	0.0%		86.3%		8.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 05/05/2021

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)
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
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	231	*36	5.50	0.00	24	63.11	1.00	7.96	707	338.6	13.54	0.84
% of Calories				1.28%		*41.0%	14.1%	0.0%		71.9%		9.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 05/06/2021

Reimbursable Meal Total 400

# 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)
900168 Cereal, Apple Jacks	each	400	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
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
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
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			247	0.50	242	*26	1.00	0.00	3	51.91	3.00	4.96	4619	158.6	12.34	3.70
% of Calories				1.82%		*42.1%	3.6%	0.0%		84.1%		8.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 05/07/2021

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)
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

# 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	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 - 05/10/2021

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)
900177 Cereal Pouch, Fruit Loops	each	400	110	0.50	170	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
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
000998 Raisins, Individual Box	Box	400	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	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			374	0.50	278	*49	1.50	0.00	4	78.99	5.28	8.10	4929	281.4	12.34	3.70
% of Calories				1.20%		*52.4%	3.6%	0.0%		84.5%		8.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 05/11/2021

Reimbursable Meal Total 410

# 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)
001779 Breakfast Pizza, IW 2019	servings	410	182	3.22	322	3	7.51	0.00	16	19.31	2.15	9.66	0	160.9	0.00	1.16
000998 Raisins, Individual Box	Box	410	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	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			435	3.22	398	*47	7.51	0.00	19	76.08	4.43	14.66	126	260.4	36.33	1.26
% of Calories				6.66%		*43.2%	15.5%	0.0%		70.0%		13.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 05/12/2021

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)
900170 Cereal, Bar Cinn Toast	bar	400	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	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

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	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			341	0.50	221	*31	3.50	0.00	4	67.11	3.00	8.96	682	518.6	13.54	1.92
% of Calories				1.32%		*36.4%	9.2%	0.0%		78.7%		10.5%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Thursday - 05/13/2021

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)
001477 Biscuit, So.Style WG 2.51oz	each	400	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
001470 Sausage Link; 1 link	1 link	0	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	400	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	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
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			327	4.50	417	*15	9.00	0.00	3	49.91	2.00	8.96	204	158.6	0.34	1.18
% of Calories				12.39%		*18.3%	24.8%	0.0%		61.1%		11.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 05/14/2021

Reimbursable Meal Total 400

# 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)
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 - 05/17/2021

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)
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
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

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	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			388	4.54	414	*29	8.60	0.00	18	64.63	3.12	12.04	961	529.6	13.54	2.09
% of Calories				10.53%		*29.9%	19.9%	0.0%		66.6%		12.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Tuesday - 05/18/2021

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)
001589 Cereal Bar, Cinnamon Toast Cru	EACH	410	150	0.50	115	8	3.00	0.00	0	30.00	3.00	3.00	40	200.0	0.00	1.80
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	410	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	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			317	0.50	188	*32	3.00	0.00	3	67.69	3.99	6.86	166	276.6	96.33	1.90
% of Calories				1.42%		*40.4%	8.5%	0.0%		85.4%		8.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Wednesday - 05/19/2021

Reimbursable Meal Total 400

# 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	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
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	231	*36	5.50	0.00	24	63.11	1.00	7.96	707	338.6	13.54	0.84
% of Calories				1.28%		*41.0%	14.1%	0.0%		71.9%		9.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 05/20/2021

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)
900177 Cereal Pouch, Fruit Loops	each	400	110	0.50	170	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
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
000998 Raisins, Individual Box	Box	400	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	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

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)
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			374	0.50	278	*49	1.50	0.00	4	78.99	5.28	8.10	4929	281.4	12.34	3.70
% of Calories				1.20%		*52.4%	3.6%	0.0%		84.5%		8.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

### Friday - 05/21/2021

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)
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 - 05/24/2021

Reimbursable Meal Total 400

# 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)
001588 Cereal Bar, Trix	EACH	400	150	0.50	105	9	3.00	0.00	0	30.00	3.00	2.00	100	250.0	1.20	0.00
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			351	4.00	331	*22	9.00	0.00	18	55.11	3.00	11.96	541	675.6	14.74	0.22
% of Calories				10.26%		*25.1%	23.1%	0.0%		62.8%		13.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 05/25/2021

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)
900177 Cereal Pouch, Fruit Loops	each	410	110	0.50	170	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	410	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	410	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

# 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)
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			281	0.50	247	*32	1.00	0.00	3	61.89	3.99	4.86	4639	296.6	85.53	3.72
% of Calories				1.60%		*45.6%	3.2%	0.0%		88.1%		6.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

## Wednesday - 05/26/2021

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)
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
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			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									

	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	355	2	288	*36	4.46	0.00	9	68.29	3.30	8.63	1602	358	23.06	2.04
% of Calories		4.13%		*40.6%	11.3%	0.0%		76.9%		9.7%				

# 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.