

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: NL Breakfast 6-8 **Include Cost:** Yes
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Friday - 10/01/2021 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)	Cost
001630 Strudel Stick, Cherry 2016	EACH	400	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52	\$0.435
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	\$0.171
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	\$0.099
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	\$0.005
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	\$0.005
Weighted Daily Average			317	1.50	322	*29	6.00	0.00	2	59.91	2.00	6.96	170	49.8	0.11	2.56	\$0.535
% of Calories				4.26%		*36.6%	17.0%	0.0%		75.6%		8.8%					
Weekly Nutrient Guideline			400 - 550	<10	600		<=0										

Monday - 10/11/2021 Reimbursable Meal Total 185

	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)	Cost
900343 Muffin, Blueberry WG	each	185	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72	\$0.180
990326 YOGURT, TRIX RASPBERRY (OSBORN)	each	185	80	0.00	65	9	0.50	0.00	0	15.05	0.00	4.01	0	140.5	0.00	0.00	\$0.338
990325 APPLE CRISPS, DRIED (OSBORN)	each	185	40	0.00	0	7	0.00	0.00	0	10.00	2.00	0.00	0	0.0	0.00	0.00	\$0.289

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	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)	Cost
900065 Juice Assortment	SERVING	185	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.005
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	\$0.005
Weighted Daily Average			402	0.50	264	*42	5.50	0.00	24	74.72	3.00	10.24	351	408.2	13.44	0.83	\$0.907
% of Calories				1.12%		*41.8%	12.3%	0.0%		74.3%		10.2%					
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)	Cost
Weighted Averages	360	1	293	*36	5.75	0.00	13	67.32	2.50	8.60	260	229	6.78	1.70	\$0.721
% of Calories		2.50%		*40.0%	14.4%	0.0%		74.8%		9.6%					

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.