

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 2021

Menu Name: PC Breakfast K-5 **Include Cost:** No
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Thursday - 08/12/2021 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
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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			491	1.02	365	*47	3.14	0.00	8	100.36	4.58	12.31	1492	504.3	27.58	2.24
% of Calories				1.87%		*38.3%	5.8%	0.0%		81.8%		10.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 08/13/2021 Reimbursable Meal Total 150

	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)
990071 Sausage Patty	1.5 OZ	150	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	150	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44

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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)
900065 Juice Assortment	SERVING	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	100	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			576	10.51	885	*16	27.02	0.00	37	60.37	1.00	19.89	391	411.4	13.80	2.37
% of Calories				16.42%		*11.1%	42.2%	0.0%		41.9%		13.8%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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)	Calcm (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
001515 Cheese, Mozz, String: 1oz	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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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	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			418	4.00	424	*26	11.00	0.00	42	60.03	1.00	15.91	635	524.1	13.88	1.04
% of Calories				8.61%		*24.9%	23.7%	0.0%		57.4%		15.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 08/17/2021

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)
900354 Pancake, mini Maple Flavor	serving	400	210	1.00	320	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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			388	1.00	469	*24	6.00	0.00	17	68.03	4.00	11.91	871	357.1	13.88	2.92
% of Calories				2.32%		*24.7%	13.9%	0.0%		70.1%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 08/18/2021

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)
000918 Pancake/Sausage on a Stick	Serving	400	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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			336	1.69	555	*20	5.63	0.00	18	51.06	2.25	16.92	371	297.1	13.88	0.22
% of Calories				4.53%		*23.8%	15.1%	0.0%		60.8%		20.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 08/19/2021

Reimbursable Meal Total 405

	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)
001582 Waffles, Mini Blueberry	EACH	405	210	1.00	180	12	6.00	0.00	4	37.00	3.00	4.00	60	20.0	0.00	0.72
900065 Juice Assortment	SERVING	405	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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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	305	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	1.00	329	*25	6.00	0.00	11	70.06	3.00	11.91	430	316.6	13.88	0.94
% of Calories				2.32%		*25.8%	13.9%	0.0%		72.2%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 08/20/2021

Reimbursable Meal Total 169

	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)
001511 French Toast Sticks: 3	3 PIECES	169	225	2.25	300	11	9.75	0.00	0	32.25	2.25	4.50	56	0.0	0.00	1.08
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	169	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	169	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	100	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	69	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			458	2.27	434	*33	9.89	0.00	9	78.64	3.83	12.69	733	361.9	27.27	1.46
% of Calories				4.46%		*28.8%	19.4%	0.0%		68.7%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 08/23/2021

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)
001779 Breakfast Pizza, IW 2019	servings	400	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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			322	1.50	353	*16	4.80	0.00	16	51.62	1.80	14.51	371	414.7	15.07	1.42
% of Calories				4.19%		*19.9%	13.4%	0.0%		64.1%		18.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 08/24/2021

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)
900353 Pancake, Mini, Berry	pack	400	210	1.00	310	11	6.00	0.00	10	35.00	4.00	4.00	500	60.0	0.00	2.70
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	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			388	1.00	459	*24	6.00	0.00	17	68.03	4.00	11.91	871	357.1	13.88	2.92
% of Calories				2.32%		*24.7%	13.9%	0.0%		70.1%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 08/25/2021

Reimbursable Meal Total 375

	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)
001471 Pancakes (2)	2 Pancakes	375	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001470 Sausage Link; 1 link	1 link	375	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
900065 Juice Assortment	SERVING	375	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	275	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			417	2.67	586	*20	11.00	0.00	33	60.22	2.00	15.24	408	326.6	13.86	1.54
% of Calories				5.76%		*19.2%	23.7%	0.0%		57.8%		14.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 08/26/2021

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)
001631 Strudel Stick, Apple	EACH	400	290	3.00	240	22	9.00	0.00	15	48.00	3.00	5.00	0	0.0	0.00	0.00
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	3.00	419	*45	9.50	0.00	23	94.03	3.00	14.91	771	397.1	13.88	0.22
% of Calories				5.02%		*33.5%	15.9%	0.0%		69.9%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 08/27/2021

Reimbursable Meal Total 174

	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)
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	174	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
000303 Chicken Patty for Biscuit	EACH	174	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	174	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	174	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	74	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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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	100	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			577	6.03	765	*25	15.16	0.00	38	82.90	3.58	22.26	665	484.1	27.42	1.85
% of Calories				9.41%		*17.3%	23.6%	0.0%		57.5%		15.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 08/30/2021

Reimbursable Meal Total 365

	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)
001744 MINI PANCAKE BITES WG 2019	SERVINGS	365	540	7.50	840	12	27.00	0.00	75	45.00	9.00	18.00	0	60.0	0.00	5.40
900065 Juice Assortment	SERVING	365	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	265	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			717	7.50	987	*25	27.00	0.00	82	77.82	9.00	25.90	377	361.2	13.85	5.62
% of Calories				9.41%		*13.9%	33.9%	0.0%		43.4%		14.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 08/31/2021

Reimbursable Meal Total 405

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)
990210 Toast, Mini French, IW, WG Berry Blast	each	405	210	1.00	190	11	6.99	0.00	0	35.92	2.00	3.99	0	69.9	0.00	1.50
900065 Juice Assortment	SERVING	405	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	0	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	100	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	305	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			387	1.00	339	*24	6.99	0.00	7	68.98	2.00	11.90	370	366.5	13.88	1.72
% of Calories				2.33%		*24.8%	16.3%	0.0%		71.3%		12.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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	457	3	526	*26	10.65	0.00	26	70.87	3.22	15.58	625	391	16.86	1.89
% of Calories		6.22%		*22.8%	21.0%	0.0%		62.0%		13.6%				

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.