

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

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

### Wednesday - 01/05/2022 Reimbursable Meal Total 420

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	420	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
001230 Oatmeal (w/sugar&cinn): 1/2cup	1/2 CUP	420	105	0.27	4	6	1.33	*0.00	0	21.44	2.30	3.20	1	6.9	0.01	0.99
900065 Juice Assortment	SERVING	420	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	420	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	320	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			606	2.79	449	*43	9.47	*0.00	12	111.90	6.88	11.52	590	309.2	27.60	1.43
% of Calories				4.14%		*28.4%	14.1%	*0.0%		73.9%		7.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/06/2022 Reimbursable Meal Total 420

	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)
990210 Toast, Mini French, IW, WG Berry Blast	each	420	210	1.00	190	11	6.99	0.00	0	35.92	2.00	3.99	0	69.9	0.00	1.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22

# Planned Menu Spreadsheet

## 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)
900065 Juice Assortment	SERVING	420	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	320	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			451	1.02	345	*33	7.12	0.00	7	85.38	3.58	12.31	589	372.2	27.59	1.94
% of Calories				2.04%		*29.3%	14.2%	0.0%		75.7%		10.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/07/2022

Reimbursable Meal Total 434

	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)
000303 Chicken Patty for Biscuit	EACH	434	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	434	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	434	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	434	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	334	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

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)
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			582	6.03	777	*25	15.16	0.00	36	84.59	3.58	22.33	617	451.2	27.59	1.88
% of Calories				9.32%		*17.2%	23.4%	0.0%		58.1%		15.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 01/10/2022

Reimbursable Meal Total 420

	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)
000269 Muffin, Assorted	Each	420	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001515 Cheese, Mozz, String: 1oz	1 OZ	420	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	420	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	420	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	320	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			475	4.01	430	*35	10.72	0.00	40	76.96	2.56	16.28	843	524.3	44.37	1.26
% of Calories				7.60%		*29.5%	20.3%	0.0%		64.8%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 01/11/2022

Reimbursable Meal Total 425

# Planned Menu Spreadsheet

## 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)
000918 Pancake/Sausage on a Stick	Serving	425	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	425	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	425	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	325	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			399	1.71	561	*29	5.77	0.00	18	67.51	3.84	17.33	588	301.8	27.59	0.44
% of Calories				3.86%		*29.1%	13.0%	0.0%		67.7%		17.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/12/2022

Reimbursable Meal Total 420

	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)
001511 French Toast Sticks: 3	3 PIECES	420	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	420	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	420	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	320	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

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)
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			466	2.27	456	*33	9.89	0.00	7	81.71	3.83	12.82	645	302.3	27.59	1.52
% of Calories				4.38%		*28.3%	19.1%	0.0%		70.1%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/13/2022

Reimbursable Meal Total 420

	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)
001586 Mini Cinnis	servings	420	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
900065 Juice Assortment	SERVING	420	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	420	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	320	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			474	1.96	447	*36	7.90	0.00	7	88.28	3.52	13.17	661	341.1	27.59	0.44
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.5%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/14/2022

Reimbursable Meal Total 434

# Planned Menu Spreadsheet

## 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)
990071 Sausage Patty	1.5 OZ	434	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	434	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	434	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	434	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	334	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			642	10.53	897	*25	27.16	0.00	36	77.59	2.58	20.33	587	401.2	27.59	2.60
% of Calories				14.76%		*15.6%	38.1%	0.0%		48.3%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Tuesday - 01/18/2022

Reimbursable Meal Total 415

	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	415	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	415	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	415	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

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)
001427 MILK, FF CHOCOLATE	HALF PINT	315	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			385	1.52	359	*24	4.94	0.00	16	68.02	3.38	14.91	589	420.3	28.78	1.64
% of Calories				3.55%		*24.9%	11.5%	0.0%		70.7%		15.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/19/2022

Reimbursable Meal Total 415

	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)
001471 Pancakes (2)	2 Pancakes	415	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	415	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	415	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	415	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			481	2.69	593	*29	11.14	0.00	33	76.76	3.58	15.65	623	329.5	27.58	1.76
% of Calories				5.03%		*24.1%	20.8%	0.0%		63.8%		13.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/20/2022

Reimbursable Meal Total 420

# Planned Menu Spreadsheet

## 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)
001631 Strudel Stick, Apple	EACH	420	290	3.00	240	22	9.00	0.00	15	48.00	3.00	5.00	0	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	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	420	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	320	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			531	3.02	396	*44	9.14	0.00	22	97.46	4.58	13.32	589	302.3	27.59	0.44
% of Calories				5.12%		*33.1%	15.5%	0.0%		73.4%		10.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/21/2022

Reimbursable Meal Total 434

	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)
000303 Chicken Patty for Biscuit	EACH	434	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	434	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	434	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	434	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	334	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

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)
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			582	6.03	777	*25	15.16	0.00	36	84.59	3.58	22.33	617	451.2	27.59	1.88
% of Calories				9.32%		*17.2%	23.4%	0.0%		58.1%		15.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 01/24/2022

Reimbursable Meal Total 420

	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)
000269 Muffin, Assorted	Each	420	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001515 Cheese, Mozz, String: 1oz	1 OZ	420	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	420	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	420	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	320	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			475	4.01	430	*35	10.72	0.00	40	76.96	2.56	16.28	843	524.3	44.37	1.26
% of Calories				7.60%		*29.5%	20.3%	0.0%		64.8%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 01/25/2022

Reimbursable Meal Total 425

# Planned Menu Spreadsheet

## 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
000918 Pancake/Sausage on a Stick	Serving	425	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	425	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	425	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	325	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			399	1.71	561	*29	5.77	0.00	18	67.51	3.84	17.33	588	301.8	27.59	0.44
% of Calories				3.86%		*29.1%	13.0%	0.0%		67.7%		17.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 01/26/2022

Reimbursable Meal Total 420

	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001511 French Toast Sticks: 3	3 PIECES	420	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	420	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	420	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	320	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

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)
001149 Syrup, Ind.	Each	0	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			466	2.27	456	*33	9.89	0.00	7	81.71	3.83	12.82	645	302.3	27.59	1.52
% of Calories				4.38%		*28.3%	19.1%	0.0%		70.1%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 01/27/2022

Reimbursable Meal Total 420

	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)
001586 Mini Cinnis	servings	420	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
900065 Juice Assortment	SERVING	420	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	420	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	320	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			474	1.96	447	*36	7.90	0.00	7	88.28	3.52	13.17	661	341.1	27.59	0.44
% of Calories				3.72%		*30.4%	15.0%	0.0%		74.5%		11.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 01/28/2022

Reimbursable Meal Total 434

# Planned Menu Spreadsheet

## 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)
990071 Sausage Patty	1.5 OZ	434	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	434	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	434	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	434	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	334	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			642	10.53	897	*25	27.16	0.00	36	77.59	2.58	20.33	587	401.2	27.59	2.60
% of Calories				14.76%		*15.6%	38.1%	0.0%		48.3%		12.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 01/31/2022

Reimbursable Meal Total 434

	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)
001002 Poptart, Variety	SERVINGS	434	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
900506 Yogurt, Go-Gurt, Strawberry	each	434	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	434	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	434	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

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	234	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			466	1.02	337	*47	3.35	0.01	6	96.14	4.56	10.83	1446	475.5	27.39	2.20
% of Calories				1.97%		*40.3%	6.5%	0.0%		82.5%		9.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages			500	4	534	*33	11.02	*0.00	21	82.72	3.69	15.73	684	381	29.51	1.43
% of Calories				6.52%		*26.4%	19.8%	*0.0%		66.2%		12.6%				

- \*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
- <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.**