

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Menu Name: SHS Breakfast 9-12 **Include Cost:** No
Site: 8 - Sylacauga High School **Report Style:** Detailed

Thursday - 04/01/2021

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)
000303 Chicken Patty for Biscuit	EACH	400	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
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
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	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			417	6.01	560	*18	15.01	0.00	31	51.21	3.00	15.02	172	295.9	13.26	1.12
% of Calories				12.97%		*17.3%	32.4%	0.0%		49.1%		14.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/02/2021

Reimbursable Meal Total 407

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	407	260	2.50	290	15	8.00	0.00	*N/A*	41.00	3.00	0.00	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	407	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000998 Raisins, Individual Box	Box	407	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00

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Portion Values

Apr 1, 2021 thru Apr 30, 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	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			473	2.51	316	*61	8.01	0.00	*1	91.25	5.28	2.14	127	188.2	13.26	0.04
% of Calories				4.78%		*51.6%	15.2%	0.0%		77.2%		1.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 04/05/2021

Reimbursable Meal Total 399

	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)
000269 Muffin, Assorted	Each	399	146	0.47	111	11	4.23	0.00	19	24.50	1.27	2.13	56	15.1	17.73	0.73
900109 Cheese: Slice or Stick	OZ	399	141	6.81	531	*0	12.11	0.00	33	1.51	0.00	8.06	403	255.4	0.00	0.05
900065 Juice Assortment	SERVING	399	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	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			364	7.29	662	*27	16.36	0.00	53	43.23	1.27	11.21	586	436.4	30.99	0.82
% of Calories				18.02%		*29.7%	40.5%	0.0%		47.5%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/06/2021

Reimbursable Meal Total 324

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001002 Poptart, Variety	SERVINGS	70	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
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
900065 Juice Assortment	SERVING	324	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	162	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	162	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			211	0.22	174	*17	0.59	0.00	8	39.12	0.64	8.33	542	361.1	13.65	0.57
% of Calories				0.94%		*32.2%	2.5%	0.0%		74.2%		15.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 04/07/2021

Reimbursable Meal Total 389

	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)
001804 NutriGrain Bar - SWP 2020	Each	389	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001021 Fruit Cup - 4oz	4 OZ.	389	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
900065 Juice Assortment	SERVING	389	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	194	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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Apr 1, 2021 thru Apr 30, 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	194	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			391	0.50	269	*27	4.00	0.00	8	77.82	4.00	10.80	1182	538.7	17.25	2.34
% of Calories				1.15%		*27.6%	9.2%	0.0%		79.6%		11.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 04/08/2021

Reimbursable Meal Total 399

	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)
001002 Poptart, Variety	SERVINGS	399	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
001515 Cheese, Mozz, String: 1oz	1 OZ	399	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	399	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
001428 MILK, FF SKIM	HALF PINT	149	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			403	4.54	440	*40	8.79	0.01	19	66.47	2.98	14.45	904	602.9	13.54	2.06
% of Calories				10.14%		*39.7%	19.6%	0.0%		66.0%		14.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/09/2021

Reimbursable Meal Total 394

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001574 Poptart, Strawberry WG	EACH	394	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	0	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	394	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	196	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	196	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			351	1.00	313	*28	2.50	0.00	8	68.78	3.00	9.78	931	438.2	13.65	1.98
% of Calories				2.56%		*31.9%	6.4%	0.0%		78.4%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 04/12/2021

Reimbursable Meal Total 371

	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)
001804 NutriGrain Bar - SWP 2020	Each	371	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	371	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	371	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	53	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

Apr 1, 2021 thru Apr 30, 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)
001428 MILK, FF SKIM	HALF PINT	53	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			330	4.02	313	*32	10.03	0.00	17	49.55	3.00	10.27	1130	630.2	13.20	1.94
% of Calories				10.96%		*38.8%	27.4%	0.0%		60.1%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/13/2021

Reimbursable Meal Total 361

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	361	260	2.50	290	15	8.00	0.00	*N/A*	41.00	3.00	0.00	0	0.0	0.00	0.00
900506 Yogurt, Go-Gurt, Strawberry	each	0	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	361	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	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			338	2.51	312	*30	8.01	0.00	*1	58.43	3.00	1.13	129	168.7	13.26	0.05
% of Calories				6.68%		*35.5%	21.3%	0.0%		69.1%		1.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 04/14/2021

Reimbursable Meal Total 399

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
000269 Muffin, Assorted	Each	399	146	0.47	111	11	4.23	0.00	19	24.50	1.27	2.13	56	15.1	17.73	0.73
900109 Cheese: Slice or Stick	OZ	399	141	6.81	531	*0	12.11	0.00	33	1.51	0.00	8.06	403	255.4	0.00	0.05
900065 Juice Assortment	SERVING	399	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	25	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			364	7.29	662	*27	16.36	0.00	53	43.23	1.27	11.21	586	436.4	30.99	0.82
% of Calories				18.02%		*29.7%	40.5%	0.0%		47.5%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 04/15/2021

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)
000303 Chicken Patty for Biscuit	EACH	400	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
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
001021 Fruit Cup - 4oz	4 OZ.	0	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
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	25	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

Apr 1, 2021 thru Apr 30, 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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			417	6.01	560	*18	15.01	0.00	31	51.21	3.00	15.02	172	295.9	13.26	1.12
% of Calories				12.97%		*17.3%	32.4%	0.0%		49.1%		14.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/16/2021

Reimbursable Meal Total 399

	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)
001201 Muffin, Apple: WG	EACH	399	117	0.40	74	7	3.20	0.00	18	19.50	1.80	2.40	32	5.2	52.00	0.75
900506 Yogurt, Go-Gurt, Strawberry	each	399	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	399	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	149	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001428 MILK, FF SKIM	HALF PINT	150	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			318	0.45	184	*42	3.77	0.00	25	56.49	1.80	10.36	724	463.4	65.20	0.83
% of Calories				1.27%		*52.8%	10.7%	0.0%		71.1%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 04/19/2021

Reimbursable Meal Total 399

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
000269 Muffin, Assorted	Each	399	146	0.47	111	11	4.23	0.00	19	24.50	1.27	2.13	56	15.1	17.73	0.73
001515 Cheese, Mozz, String: 1oz	1 OZ	399	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	399	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	399	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	399	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			493	4.09	528	*54	10.43	0.00	44	72.85	1.27	24.39	600	776.0	31.83	1.17
% of Calories				7.47%		*43.8%	19.0%	0.0%		59.1%		19.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/20/2021

Reimbursable Meal Total 324

	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)
001630 Strudel Stick, Cherry 2016	EACH	254	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52
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
001021 Fruit Cup - 4oz	4 OZ.	324	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
900065 Juice Assortment	SERVING	324	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	162	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

Apr 1, 2021 thru Apr 30, 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	162	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			396	1.18	358	*22	4.70	0.00	8	76.86	2.57	12.74	433	339.2	17.25	2.51
% of Calories				2.68%		*22.2%	10.7%	0.0%		77.6%		12.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 04/21/2021

Reimbursable Meal Total 407

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	407	260	2.50	290	15	8.00	0.00	*N/A*	41.00	3.00	0.00	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	407	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000998 Raisins, Individual Box	Box	407	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	0	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			466	2.51	306	*61	8.01	0.00	*0	90.02	5.28	1.65	115	181.2	13.20	0.03
% of Calories				4.85%		*52.4%	15.5%	0.0%		77.3%		1.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/23/2021

Reimbursable Meal Total 394

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001574 Poptart, Strawberry WG	EACH	394	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	0	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	394	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	196	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	196	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			351	1.00	313	*28	2.50	0.00	8	68.78	3.00	9.78	931	438.2	13.65	1.98
% of Calories				2.56%		*31.9%	6.4%	0.0%		78.4%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 04/26/2021

Reimbursable Meal Total 394

	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	394	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	0	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	394	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	196	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

Apr 1, 2021 thru Apr 30, 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)
001426 MILK, 1% FAT	HALF PINT	196	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			351	1.00	313	*28	2.50	0.00	8	68.78	3.00	9.78	931	438.2	13.65	1.98
% of Calories				2.56%		*31.9%	6.4%	0.0%		78.4%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/27/2021

Reimbursable Meal Total 394

	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	394	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	0	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	394	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	196	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	196	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			351	1.00	313	*28	2.50	0.00	8	68.78	3.00	9.78	931	438.2	13.65	1.98
% of Calories				2.56%		*31.9%	6.4%	0.0%		78.4%		11.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Wednesday - 04/28/2021

Reimbursable Meal Total 407

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
001804 NutriGrain Bar - SWP 2020	Each	407	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
001499 Cheese, String, Mozz	1 OZ	407	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	407	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
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			321	4.01	303	*29	10.01	0.00	17	48.34	3.00	9.45	1119	600.2	13.20	1.94
% of Calories				11.24%		*36.1%	28.1%	0.0%		60.2%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Thursday - 04/29/2021

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)
000303 Chicken Patty for Biscuit	EACH	400	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
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
001021 Fruit Cup - 4oz	4 OZ.	0	60	0.00	5	*N/A*	0.00	0.00	0	17.00	1.00	1.00	0	0.0	3.60	0.36
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	25	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

Apr 1, 2021 thru Apr 30, 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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			417	6.01	560	*18	15.01	0.00	31	51.21	3.00	15.02	172	295.9	13.26	1.12
% of Calories				12.97%		*17.3%	32.4%	0.0%		49.1%		14.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Friday - 04/30/2021

Reimbursable Meal Total 399

	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)
000269 Muffin, Assorted	Each	399	146	0.47	111	11	4.23	0.00	19	24.50	1.27	2.13	56	15.1	17.73	0.73
001515 Cheese, Mozz, String: 1oz	1 OZ	399	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	399	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	399	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	399	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			493	4.09	528	*54	10.43	0.00	44	72.85	1.27	24.39	600	776.0	31.83	1.17
% of Calories				7.47%		*43.8%	19.0%	0.0%		59.1%		19.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=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	382	3	395	*33	8.31	0.00	*20	62.63	2.74	11.27	620	435	19.67	1.31
% of Calories		7.54%		*34.6%	19.6%	0.0%		65.6%		11.8%				

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

**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.