

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

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

### Thursday - 08/12/2021 Reimbursable Meal Total 15

	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	15	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	15	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	15	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	8	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	5	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			418	4.54	461	*39	8.78	0.01	19	69.13	2.98	15.38	933	609.0	13.68	2.09
% of Calories				9.78%		*37.3%	18.9%	0.0%		66.2%		14.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 08/23/2021 Reimbursable Meal Total 407

	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)
001630 Strudel Stick, Cherry 2016	EACH	407	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	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

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 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)
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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	25	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	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
Weighted Daily Average			367	5.00	450	*24	12.00	0.00	16	55.12	2.00	11.96	351	371.5	13.26	2.66
% of Calories				12.26%		*26.2%	29.4%	0.0%		60.1%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday - 08/24/2021

Reimbursable Meal Total 409

	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)
990226 Grilled Cheese Sandwich	Each	409	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
001021 Fruit Cup - 4oz	4 OZ.	409	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	409	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	10	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	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
Weighted Daily Average			414	5.00	601	*18	9.00	0.00	32	63.70	4.00	19.68	659	619.0	16.86	1.40
% of Calories				10.87%		*17.4%	19.6%	0.0%		61.5%		19.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

# Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 2021

## Wednesday - 08/25/2021

Reimbursable Meal Total 409

	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)
001201 Muffin, Apple: WG	EACH	409	142	0.47	113	12	4.25	0.00	14	25.51	0.94	1.89	30	4.9	49.14	0.71
000339 Fruit, Canned, Assorted	1/2 CUP	409	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	409	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			292	0.48	143	*42	4.29	0.00	15	61.36	2.12	2.98	249	173.6	66.09	0.93
% of Calories				1.48%		*57.5%	13.2%	0.0%		84.1%		4.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Thursday - 08/26/2021

Reimbursable Meal Total 409

	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)
001804 NutriGrain Bar - SWP 2020	Each	409	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80
900506 Yogurt, Go-Gurt, Strawberry	each	409	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
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	409	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	25	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 <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	10	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			303	0.50	174	*37	4.50	0.00	2	59.38	3.00	4.66	1295	460.1	13.22	1.83
% of Calories				1.49%		*48.8%	13.4%	0.0%		78.4%		6.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 08/27/2021

Reimbursable Meal Total 409

	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	409	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	409	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	409	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	20	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	10	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			322	1.00	224	*38	3.00	0.00	2	67.45	3.00	4.58	1033	352.6	13.24	1.84
% of Calories				2.80%		*47.2%	8.4%	0.0%		83.8%		5.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 08/31/2021

Reimbursable Meal Total 407

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990071 Sausage Patty	1.5 OZ	407	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001477 Biscuit, So.Style WG 2.51oz	each	407	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
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			476	10.51	680	*18	27.01	0.00	31	44.17	2.00	13.00	142	245.4	13.26	1.84
% of Calories				19.87%		*15.1%	51.1%	0.0%		37.1%		10.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=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	370	4	390	*31	9.80	0.00	17	60.04	2.73	10.32	666	405	21.37	1.80
% of Calories		9.39%		*33.5%	23.8%	0.0%		64.9%		11.2%				

- \*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.