

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

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

### Tuesday - 05/04/2021

**Reimbursable Meal Total 399**

	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	399	117	0.40	74	7	3.20	0.00	18	19.50	1.80	2.40	32	5.2	52.00	0.75
000339 Fruit, Canned, Assorted	1/2 CUP	399	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	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			322	0.45	163	*46	3.30	0.00	24	62.18	2.97	8.45	416	366.8	68.89	1.00
% of Calories				1.26%		*57.1%	9.2%	0.0%		77.2%		10.5%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 05/05/2021

**Reimbursable Meal Total 324**

	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	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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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									

### Thursday - 05/06/2021

Reimbursable Meal Total 399

	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	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
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
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 - 05/07/2021

Reimbursable Meal Total 407

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
990226 Grilled Cheese Sandwich	Each	407	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.	407	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	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	203	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	203	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			511	5.00	719	*18	9.00	0.00	39	77.82	4.00	26.80	955	803.8	17.25	1.54
% of Calories				8.81%		*14.1%	15.9%	0.0%		60.9%		21.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 05/10/2021

Reimbursable Meal Total 399

	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	399	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	399	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	399	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	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
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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
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			855	3.00	578	*88	11.91	0.00	*9	167.16	9.18	12.69	1280	714.0	30.07	2.32
% of Calories				3.16%		*41.2%	12.5%	0.0%		78.2%		5.9%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday - 05/11/2021

Reimbursable Meal Total 324

	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	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
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
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
001002 Poptart, Variety	SERVINGS	407	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	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

May 3, 2021 thru May 26, 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)
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			697	5.87	629	*55	11.55	0.02	28	126.95	5.39	21.08	1586	955.8	33.90	3.39
% of Calories				7.58%		*31.6%	14.9%	0.0%		72.9%		12.1%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 05/12/2021

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)	Calcm (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
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									

### Thursday - 05/13/2021

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
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
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
990071 Sausage Patty	1.5 OZ	0	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	0	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
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
900065 Juice Assortment	SERVING	0	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	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	0	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 - 05/14/2021

Reimbursable Meal Total 407

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

May 3, 2021 thru May 26, 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)
990226 Grilled Cheese Sandwich	Each	407	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
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
001021 Fruit Cup - 4oz	4 OZ.	407	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	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	203	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	203	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
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			977	7.51	1025	*79	17.01	0.00	*39	167.84	9.28	28.45	1070	984.9	30.45	1.57
% of Calories				6.92%		*32.3%	15.7%	0.0%		68.7%		11.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Monday - 05/17/2021

Reimbursable Meal Total 371

	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	371	160	0.50	130	14	4.00	0.00	0	30.00	3.00	2.00	750	200.0	0.00	1.80

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
000339 Fruit, Canned, Assorted	1/2 CUP	371	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	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
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
990071 Sausage Patty	1.5 OZ	163	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	163	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
001515 Cheese, Mozz, String: 1oz	1 OZ	163	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	163	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			656	10.18	733	*55	24.58	0.00	38	89.85	4.61	19.38	1375	857.9	22.75	3.15
% of Calories				13.97%		*33.5%	33.7%	0.0%		54.8%		11.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 05/18/2021

Reimbursable Meal Total 394

	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	394	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80



# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
001630 Strudel Stick, Cherry 2016	EACH	214	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
900065 Juice Assortment	SERVING	214	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	107	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	107	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			548	1.85	523	*50	5.81	0.00	13	103.50	4.09	16.82	1123	672.4	20.82	3.40
% of Calories				3.04%		*36.5%	9.5%	0.0%		75.5%		12.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 05/19/2021

Reimbursable Meal Total 394

	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	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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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	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									

### Thursday - 05/20/2021

Reimbursable Meal Total 400

	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	0	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	0	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
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
900065 Juice Assortment	SERVING	0	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	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	0	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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	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 - 05/21/2021

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)
001804 NutriGrain Bar - SWP 2020	Each	0	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	0	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	0	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	0	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	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
001002 Poptart, Variety	SERVINGS	407	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	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
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

May 3, 2021 thru May 26, 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)
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			339	4.51	358	*31	8.72	0.01	16	56.39	2.98	9.36	831	473.4	13.26	1.96
% of Calories				11.97%		*36.6%	23.2%	0.0%		66.5%		11.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 05/24/2021

Reimbursable Meal Total 399

	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	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
000339 Fruit, Canned, Assorted	1/2 CUP	399	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	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			438	7.29	671	*41	16.38	0.00	53	61.91	2.44	11.31	678	439.7	34.68	1.00
% of Calories				14.98%		*37.4%	33.7%	0.0%		56.5%		10.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 05/25/2021

Reimbursable Meal Total 394

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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									

	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	491	4	513	*40	10.29	0.00	*24	82.14	3.91	14.92	832	567	22.90	1.93
% of Calories		7.96%		*32.6%	18.9%	0.0%		66.9%		12.2%				

\*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.