

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

**Menu Name:** IV Breakfast K-5 **Include Cost:** No  
**Site:** 5 - Indian Valley Elementary School **Report Style:** Detailed

### Monday - 04/03/2023 Reimbursable Meal Total 180

	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	180	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
001499 Cheese, String, Mozz	1 OZ	180	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	50	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
990001 Juice, Apple	CARTON	210	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			510	6.08	547	*47	14.15	0.00	24	78.91	3.94	11.36	295	207.9	1.03	0.15
% of Calories				10.73%		*36.9%	25.0%	0.0%		61.9%		8.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/04/2023 Reimbursable Meal Total 170

	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	170	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

Apr 3, 2023 thru Apr 28, 2023

	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)
001515 Cheese, Mozz, String: 1oz	1 OZ	170	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	25	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	170	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	100	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			511	5.38	540	*58	9.97	0.00	25	86.69	4.22	19.93	1052	1010.4	30.00	2.02
% of Calories				9.48%		*45.4%	17.6%	0.0%		67.9%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/05/2023

Reimbursable Meal Total 275

	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)
990237 Cocoa Puff Soft Bar	each	275	240	1.50	270	14	7.00	0.00	0	40.00	3.00	4.00	0	30.0	0.00	1.60
001515 Cheese, Mozz, String: 1oz	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
000814 Apples, Fresh (HUSSC)	1/2 CUP	275	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			488	2.03	415	*59	8.05	0.00	7	93.46	6.98	12.36	428	738.3	36.35	1.89
% of Calories				3.74%		*48.4%	14.8%	0.0%		76.6%		10.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/06/2023

Reimbursable Meal Total 275

	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	275	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
001515 Cheese, Mozz, String: 1oz	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
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
990001 Juice, Apple	CARTON	275	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			410	2.43	440	*45	8.58	0.00	7	73.22	2.61	12.85	133	38.8	0.00	0.00
% of Calories				5.33%		*43.9%	18.8%	0.0%		71.4%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/07/2023

Reimbursable Meal Total 275

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990363 Muffin, Top, Chocolate Chip	Each	275	222	5.04	136	15	11.09	0.00	30	28.23	2.02	3.02	0	0.0	0.00	1.01
990319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001515 Cheese, Mozz, String: 1oz	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
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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			399	5.53	280	*46	11.91	0.00	37	62.63	2.69	11.02	353	700.0	30.00	1.13
% of Calories				12.47%		*46.1%	26.9%	0.0%		62.8%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/10/2023

Reimbursable Meal Total 180

	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	180	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
001499 Cheese, String, Mozz	1 OZ	180	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	50	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
990001 Juice, Apple	CARTON	210	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			510	6.08	547	*47	14.15	0.00	24	78.91	3.94	11.36	295	207.9	1.03	0.15
% of Calories				10.73%		*36.9%	25.0%	0.0%		61.9%		8.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Tuesday - 04/11/2023

Reimbursable Meal Total 170

	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	170	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	170	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	25	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	170	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	100	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990367 MILK, SHELF STABLE, FF WHITE	EACH	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			511	5.38	540	*58	9.97	0.00	25	86.69	4.22	19.93	1052	1010.4	30.00	2.02
% of Calories				9.48%		*45.4%	17.6%	0.0%		67.9%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/12/2023

Reimbursable Meal Total 275

	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)
990237 Cocoa Puff Soft Bar	each	275	240	1.50	270	14	7.00	0.00	0	40.00	3.00	4.00	0	30.0	0.00	1.60
001515 Cheese, Mozz, String: 1oz	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
000814 Apples, Fresh (HUSSC)	1/2 CUP	275	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
990319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			488	2.03	415	*59	8.05	0.00	7	93.46	6.98	12.36	428	738.3	36.35	1.89
% of Calories				3.74%		*48.4%	14.8%	0.0%		76.6%		10.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Thursday - 04/13/2023

Reimbursable Meal Total 275

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
001586 Mini Cinnis	servings	275	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
001515 Cheese, Mozz, String: 1oz	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
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
990001 Juice, Apple	CARTON	275	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			410	2.43	440	*45	8.58	0.00	7	73.22	2.61	12.85	133	38.8	0.00	0.00
% of Calories				5.33%		*43.9%	18.8%	0.0%		71.4%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Friday - 04/14/2023

Reimbursable Meal Total 275

	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)
990363 Muffin, Top, Chocolate Chip	Each	275	222	5.04	136	15	11.09	0.00	30	28.23	2.02	3.02	0	0.0	0.00	1.01
900319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001515 Cheese, Mozz, String: 1oz	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
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

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			399	5.53	280	*46	11.91	0.00	37	62.63	2.69	11.02	353	700.0	30.00	1.13
% of Calories				12.47%		*46.1%	26.9%	0.0%		62.8%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/17/2023

Reimbursable Meal Total 180

	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	180	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
001499 Cheese, String, Mozz	1 OZ	180	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	50	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
990001 Juice, Apple	CARTON	210	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00



# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			510	6.08	547	*47	14.15	0.00	24	78.91	3.94	11.36	295	207.9	1.03	0.15
% of Calories				10.73%		*36.9%	25.0%	0.0%		61.9%		8.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/18/2023

Reimbursable Meal Total 170

	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	170	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	170	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	25	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
990319 Juice, Orange 4 oz.	4 oz.	170	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	100	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			511	5.38	540	*58	9.97	0.00	25	86.69	4.22	19.93	1052	1010.4	30.00	2.02
% of Calories				9.48%		*45.4%	17.6%	0.0%		67.9%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/19/2023

Reimbursable Meal Total 275

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990237 Cocoa Puff Soft Bar	each	275	240	1.50	270	14	7.00	0.00	0	40.00	3.00	4.00	0	30.0	0.00	1.60
001515 Cheese, Mozz, String: 1oz	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
000814 Apples, Fresh (HUSSC)	1/2 CUP	275	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			488	2.03	415	*59	8.05	0.00	7	93.46	6.98	12.36	428	738.3	36.35	1.89
% of Calories				3.74%		*48.4%	14.8%	0.0%		76.6%		10.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 275

	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)
001586 Mini Cinnis	servings	275	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
001515 Cheese, Mozz, String: 1oz	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
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
990001 Juice, Apple	CARTON	275	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			410	2.43	440	*45	8.58	0.00	7	73.22	2.61	12.85	133	38.8	0.00	0.00
% of Calories				5.33%		*43.9%	18.8%	0.0%		71.4%		12.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

## Friday - 04/21/2023

Reimbursable Meal Total 275

	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)
990363 Muffin, Top, Chocolate Chip	Each	275	222	5.04	136	15	11.09	0.00	30	28.23	2.02	3.02	0	0.0	0.00	1.01
900319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001515 Cheese, Mozz, String: 1oz	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
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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			399	5.53	280	*46	11.91	0.00	37	62.63	2.69	11.02	353	700.0	30.00	1.13
% of Calories				12.47%		*46.1%	26.9%	0.0%		62.8%		11.0%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Monday - 04/24/2023

Reimbursable Meal Total 180

	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	180	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
001499 Cheese, String, Mozz	1 OZ	180	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	50	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
990001 Juice, Apple	CARTON	210	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	10	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			510	6.08	547	*47	14.15	0.00	24	78.91	3.94	11.36	295	207.9	1.03	0.15
% of Calories				10.73%		*36.9%	25.0%	0.0%		61.9%		8.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Tuesday - 04/25/2023

Reimbursable Meal Total 170

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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	170	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001515 Cheese, Mozz, String: 1oz	1 OZ	170	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000998 Raisins, Individual Box	Box	25	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900319 Juice, Orange 4 oz.	4 oz.	170	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	100	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	50	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			511	5.38	540	*58	9.97	0.00	25	86.69	4.22	19.93	1052	1010.4	30.00	2.02
% of Calories				9.48%		*45.4%	17.6%	0.0%		67.9%		15.6%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

### Wednesday - 04/26/2023

Reimbursable Meal Total 275

	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)
990237 Cocoa Puff Soft Bar	each	275	240	1.50	270	14	7.00	0.00	0	40.00	3.00	4.00	0	30.0	0.00	1.60
001515 Cheese, Mozz, String: 1oz	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
000814 Apples, Fresh (HUSSC)	1/2 CUP	275	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900319 Juice, Orange 4 oz.	4 oz.	275	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			488	2.03	415	*59	8.05	0.00	7	93.46	6.98	12.36	428	738.3	36.35	1.89
% of Calories				3.74%		*48.4%	14.8%	0.0%		76.6%		10.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/27/2023

Reimbursable Meal Total 275

	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	275	233	1.94	291	15	7.76	0.00	0	38.82	1.94	4.85	73	38.8	0.00	0.00
001515 Cheese, Mozz, String: 1oz	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
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
990001 Juice, Apple	CARTON	275	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	175	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	90	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
990367 MILK, SHELF STABLE, FF WHITE	EACH	10	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			410	2.43	440	*45	8.58	0.00	7	73.22	2.61	12.85	133	38.8	0.00	0.00
% of Calories				5.33%		*43.9%	18.8%	0.0%		71.4%		12.5%				
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	467	4	453	*51	10.46	0.00	19	79.84	4.16	13.63	457	531	18.92	1.03
% of Calories		8.13%		*43.7%	20.2%	0.0%		68.4%		11.7%				

- \*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.**