

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: NL Breakfast 6-8 **Include Cost:** No
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Monday - 04/03/2023

Reimbursable Meal Total 100

	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	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001599 Oatmeal: 1/2 cup	1/2 cup	100	68	0.23	4	0	1.13	0.00	0	12.70	1.81	2.72	0	3.6	0.00	0.82
001399 Peaches: 1/2 cup	1/2 CUP	50	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
001384 Juice, Orange/Pineapple	CARTON	100	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	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	7	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			393	1.33	237	*35	3.81	0.00	2	85.24	5.89	7.81	644	105.8	37.99	2.91
% of Calories				3.05%		*35.6%	8.7%	0.0%		86.8%		7.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 04/04/2023

Reimbursable Meal Total 100

	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)
001706 CHEESE TOAST, OPENFACE	EACH	100	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
001470 Sausage Link; 1 link	1 link	100	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36

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Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
001713 Grits, Plain 1/4 cup	1/4 CUP	50	77	1.19	84	0	2.16	0.00	0	13.23	0.38	1.51	81	2.3	0.00	0.54
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	50	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	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			451	8.06	916	30	18.87	0.00	49	54.81	1.95	17.14	467	293.0	43.20	1.74
% of Calories				16.08%		26.6%	37.7%	0.0%		48.6%		15.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 04/05/2023

Reimbursable Meal Total 125

	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	125	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001470 Sausage Link; 1 link	1 link	125	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	125	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001085 Bananas	1/2 cup	25	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	120	0.00	150	22	0.00	0.00	5	24.00	1.00	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 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)
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			361	2.83	367	36	12.17	0.00	41	53.12	1.59	9.58	177	155.7	31.28	1.14
% of Calories				7.06%		39.9%	30.3%	0.0%		58.9%		10.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 04/06/2023

Reimbursable Meal Total 150

	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)
900040 Cinnamon Roll (WG)	each	150	177	0.52	141	10	1.04	0.00	5	37.52	3.13	5.21	208	41.7	3.13	1.88
001470 Sausage Link; 1 link	1 link	150	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900361 Pears, Sliced canned 1/2 cup	1/2 cup	50	77	0.00	14	14	0.00	0.00	0	18.34	0.96	0.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			368	2.52	329	33	8.04	0.00	25	63.90	3.45	9.21	359	228.4	20.73	2.27
% of Calories				6.16%		35.9%	19.7%	0.0%		69.5%		10.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 04/07/2023

Reimbursable Meal Total 125

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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	125	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	125	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	125	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	125	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	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
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			473	4.50	359	*61	8.71	0.01	15	89.41	5.34	10.14	817	470.8	13.20	1.94
% of Calories				8.56%		*51.6%	16.6%	0.0%		75.6%		8.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 04/10/2023

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)
001700 Poptart, Blueberry	each	400	187	1.04	187	16	2.60	0.00	0	39.52	3.12	2.08	520	104.0	0.00	1.87
001599 Oatmeal: 1/2 cup	1/2 cup	400	68	0.23	4	0	1.13	0.00	0	12.70	1.81	2.72	0	3.6	0.00	0.82
001465 Applesauce 1/2 cup	1/2 CUP	0	2	0.00	0	0	0.00	0.00	0	0.57	0.09	0.00	2	0.0	0.00	0.00
000476 Juice, Grape	CARTON	400	80	0.00	10	18	0.00	0.00	0	19.00	0.00	0.00	90	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	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 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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			335	1.27	201	34	3.73	0.00	0	71.22	4.93	4.80	610	107.6	0.00	2.69
% of Calories				3.41%		40.6%	10.0%	0.0%		85.0%		5.7%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 04/11/2023

Reimbursable Meal Total 125

	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	125	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	125	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	125	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	25	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			325	3.99	280	*33	10.58	0.00	33	49.32	1.44	8.19	367	366.5	29.98	0.84
% of Calories				11.05%		*40.6%	29.3%	0.0%		60.7%		10.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 04/12/2023

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
001477 Biscuit, So.Style WG 2.51oz	each	100	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000303 Chicken Patty for Biscuit	EACH	100	130	1.50	200	0	6.00	0.00	30	7.00	1.00	9.00	30	50.0	0.00	0.00
001085 Bananas	1/2 cup	100	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990368 MILK, SHELF STABLE 1% WHITE	EACH	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	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
000650 Mustard: Individual Packet	PC packet	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	0	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			586	6.83	685	43	16.50	0.00	38	84.83	5.45	22.82	206	273.8	19.72	1.30
% of Calories				10.49%		29.4%	25.3%	0.0%		57.9%		15.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 04/13/2023

Reimbursable Meal Total 100

	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)
001471 Pancakes (2)	2 Pancakes	100	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001149 Syrup, Ind.	Each	100	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
001470 Sausage Link; 1 link	1 link	0	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
001399 Peaches: 1/2 cup	1/2 CUP	100	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			394	0.67	301	*31	4.00	0.00	7	86.82	3.62	4.07	488	171.1	17.18	1.57
% of Calories				1.53%		*31.5%	9.1%	0.0%		88.1%		4.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 96

	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)
001719 Cinnamon Roll (WG) w/ Icing	each	31	212	0.52	141	19	1.04	*0.00	5	46.57	3.13	5.21	208	41.8	3.13	1.88
001515 Cheese, Mozz, String: 1oz	1 OZ	96	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
000086 Oranges	1/2 CUP	96	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
900065 Juice Assortment	SERVING	96	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990368 MILK, SHELF STABLE 1% WHITE	EACH	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	20	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			360	4.48	298	*43	7.93	*0.00	23	59.28	4.60	14.50	696	421.1	77.66	0.86
% of Calories				11.20%		*47.8%	19.8%	*0.0%		65.9%		16.1%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Monday - 04/17/2023

Reimbursable Meal Total 100

	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	100	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
001599 Oatmeal: 1/2 cup	1/2 cup	100	68	0.23	4	0	1.13	0.00	0	12.70	1.81	2.72	0	3.6	0.00	0.82
001399 Peaches: 1/2 cup	1/2 CUP	50	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
001384 Juice, Orange/Pineapple	CARTON	100	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	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	7	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			393	1.33	237	*35	3.81	0.00	2	85.24	5.89	7.81	644	105.8	37.99	2.91
% of Calories				3.05%		*35.6%	8.7%	0.0%		86.8%		7.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 04/18/2023

Reimbursable Meal Total 100

	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)
001706 CHEESE TOAST, OPENFACE	EACH	100	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
001269 Egg Scrambled Squares	EACH	0	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001470 Sausage Link; 1 link	1 link	100	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
001713 Grits, Plain 1/4 cup	1/4 CUP	50	77	1.19	84	0	2.16	0.00	0	13.23	0.38	1.51	81	2.3	0.00	0.54

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	50	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	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			451	8.06	916	30	18.87	0.00	49	54.81	1.95	17.14	467	293.0	43.20	1.74
% of Calories				16.08%		26.6%	37.7%	0.0%		48.6%		15.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 04/19/2023

Reimbursable Meal Total 125

	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	125	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001470 Sausage Link; 1 link	1 link	125	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	125	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001085 Bananas	1/2 cup	25	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	27	120	0.00	150	22	0.00	0.00	5	24.00	1.00	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 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)
990368 MILK, SHELF STABLE 1% WHITE	EACH	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			361	2.83	367	36	12.17	0.00	41	53.12	1.59	9.58	177	155.7	31.28	1.14
% of Calories				7.06%		39.9%	30.3%	0.0%		58.9%		10.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 150

	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)
900040 Cinnamon Roll (WG)	each	150	177	0.52	141	10	1.04	0.00	5	37.52	3.13	5.21	208	41.7	3.13	1.88
001470 Sausage Link; 1 link	1 link	150	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900361 Pears, Sliced canned 1/2 cup	1/2 cup	50	77	0.00	14	14	0.00	0.00	0	18.34	0.96	0.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			368	2.52	329	33	8.04	0.00	25	63.90	3.45	9.21	359	228.4	20.73	2.27
% of Calories				6.16%		35.9%	19.7%	0.0%		69.5%		10.0%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 125

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
001002 Poptart, Variety	SERVINGS	125	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	125	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	125	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	125	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	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
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
Weighted Daily Average			473	4.50	359	*61	8.71	0.01	15	89.41	5.34	10.14	817	470.8	13.20	1.94
% of Calories				8.56%		*51.6%	16.6%	0.0%		75.6%		8.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Monday - 04/24/2023

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001700 Poptart, Blueberry	each	400	187	1.04	187	16	2.60	0.00	0	39.52	3.12	2.08	520	104.0	0.00	1.87
001599 Oatmeal: 1/2 cup	1/2 cup	0	68	0.23	4	0	1.13	0.00	0	12.70	1.81	2.72	0	3.6	0.00	0.82
000998 Raisins, Individual Box	Box	0	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001384 Juice, Orange/Pineapple	CARTON	400	60	0.00	0	13	0.00	0.00	0	15.00	0.00	0.00	0	0.0	36.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	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 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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			247	1.04	187	29	2.60	0.00	0	54.52	3.12	2.08	520	104.0	36.00	1.87
% of Calories				3.79%		47.0%	9.5%	0.0%		88.3%		3.4%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Tuesday - 04/25/2023

Reimbursable Meal Total 420

	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)
000918 Pancake/Sausage on a Stick	Serving	420	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
001149 Syrup, Ind.	Each	420	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
000086 Oranges	1/2 CUP	0	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
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
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			302	1.69	440	31	5.63	0.00	11	53.23	2.25	9.01	168	140.0	13.20	0.02
% of Calories				5.04%		41.1%	16.8%	0.0%		70.5%		11.9%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Wednesday - 04/26/2023

Reimbursable Meal Total 100

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

	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)
001477 Biscuit, So.Style WG 2.51oz	each	100	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
001716 Sausage Crumbles	2 oz	0	172	4.56	658	0	14.17	0.00	25	2.02	2.02	9.11	0	40.5	0.00	1.46
001513 Gravy Mix, Country	1/2 cup	0	16	0.46	65	*0	0.91	*0.00	0	2.28	0.00	0.00	2	0.5	0.00	0.00
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	100	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
900065 Juice Assortment	SERVING	100	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			325	4.50	346	*27	9.00	*0.00	0	56.19	2.99	5.00	128	220.0	73.20	1.10
% of Calories				12.46%		*33.2%	24.9%	*0.0%		69.2%		6.2%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=0									

Thursday - 04/27/2023

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)
900343 Muffin, Blueberry WG	each	400	160	0.50	125	13	5.00	0.00	20	26.00	1.00	2.00	65	20.0	0.00	0.72
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
001401 Pears: Canned,Light Syrup 1/2c	1/2cup servings	0	132	0.00	25	25	0.00	0.00	0	31.37	1.65	0.00	0	0.0	0.00	0.00
990368 MILK, SHELF STABLE 1% WHITE	EACH	0	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 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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	0	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			224	0.50	129	26	5.00	0.00	20	41.20	1.00	2.00	178	160.0	13.20	0.74
% of Calories				2.01%		46.4%	20.1%	0.0%		73.6%		3.6%				
Weekly Nutrient Guideline			400 - 550	<10	600		<=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	378	3	383	*36	8.85	*0.00	21	65.77	3.47	9.49	436	235	30.15	1.63
% of Calories		7.95%		*38.1%	21.1%	*0.0%		69.6%		10.0%				

- *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.