

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Menu Name: PC Breakfast K-5 **Include Cost:** No
Site: 7 - Pinecrest Elementary School **Report Style:** Detailed

Monday - 04/03/2023

Reimbursable Meal Total 200

	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	200	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	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			476	4.76	424	*52	11.97	0.00	41	77.53	3.06	16.36	587	369.2	43.68	1.06
% of Calories				9.00%		*43.7%	22.6%	0.0%		65.2%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 04/04/2023

Reimbursable Meal Total 200

	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)
001779 Breakfast Pizza, IW 2019	servings	200	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
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

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)
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			386	2.27	354	*41	6.18	0.00	16	68.62	3.88	15.00	333	264.7	28.10	1.44
% of Calories				5.29%		*42.5%	14.4%	0.0%		71.1%		15.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 04/05/2023

Reimbursable Meal Total 200

	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	200	212	0.52	141	19	1.04	*0.00	5	46.57	3.13	5.21	208	41.8	3.13	1.88
001470 Sausage Link; 1 link	1 link	200	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			535	3.29	469	*58	9.43	*0.00	33	96.60	5.21	17.61	542	189.0	30.03	2.48
% of Calories				5.53%		*43.4%	15.9%	*0.0%		72.2%		13.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

Thursday - 04/06/2023

Reimbursable Meal Total 200

	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)
000287 French Toast Sticks: 4=2B	4 PIECES	200	300	3.00	400	15	13.00	0.00	0	43.00	3.00	6.00	75	0.0	0.00	1.44
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	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	100	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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			622	3.77	580	*65	14.39	0.00	8	113.03	5.08	14.40	463	147.2	26.90	1.68
% of Calories				5.45%		*41.8%	20.8%	0.0%		72.7%		9.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 04/07/2023

Reimbursable Meal Total 200

	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)
990071 Sausage Patty	1.5 OZ	200	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001269 Egg Scrambled Squares	EACH	200	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001477 Biscuit, So.Style WG 2.51oz	each	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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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)
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
000277 Jelly, Assorted	Each	200	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			727	12.27	862	*49	31.39	0.00	152	87.03	4.08	24.40	477	254.2	26.90	2.40
% of Calories				15.19%		*27.0%	38.9%	0.0%		47.9%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 04/10/2023

Reimbursable Meal Total 200

	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	200	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
900506 Yogurt, Go-Gurt, Strawberry	each	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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 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	100	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			495	1.77	367	*64	4.60	0.01	8	101.24	5.06	12.76	1238	348.2	26.90	2.06
% of Calories				3.22%		*51.7%	8.4%	0.0%		81.8%		10.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 04/11/2023

Reimbursable Meal Total 200

	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	200	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			480	2.46	586	*57	7.02	0.00	19	88.05	4.34	17.42	388	147.2	26.90	0.24
% of Calories				4.61%		*47.5%	13.2%	0.0%		73.4%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 04/12/2023

Reimbursable Meal Total 200

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)
001471 Pancakes (2)	2 Pancakes	200	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001470 Sausage Link; 1 link	1 link	200	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			562	3.44	618	*57	12.39	0.00	34	97.36	4.08	15.73	422	173.8	26.90	1.56
% of Calories				5.51%		*40.6%	19.8%	0.0%		69.3%		11.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/13/2023

Reimbursable Meal Total 200

	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)
001631 Strudel Stick, Apple	EACH	200	290	3.00	240	22	9.00	0.00	15	48.00	3.00	5.00	0	0.0	0.00	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	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	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 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	100	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			532	3.77	390	*61	10.39	0.00	22	98.03	5.08	13.40	333	147.2	26.90	0.24
% of Calories				6.38%		*45.9%	17.6%	0.0%		73.7%		10.1%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 04/14/2023

Reimbursable Meal Total 200

	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	200	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	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
000277 Jelly, Assorted	Each	200	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			617	6.77	692	*48	16.39	0.00	38	93.03	5.08	22.40	407	277.2	26.90	1.32
% of Calories				9.88%		*31.1%	23.9%	0.0%		60.3%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 04/17/2023

Reimbursable Meal Total 200

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)
000269 Muffin, Assorted	Each	200	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	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			476	4.76	424	*52	11.97	0.00	41	77.53	3.06	16.36	587	369.2	43.68	1.06
% of Calories				9.00%		*43.7%	22.6%	0.0%		65.2%		13.7%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 04/18/2023

Reimbursable Meal Total 200

	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)
001779 Breakfast Pizza, IW 2019	servings	200	144	1.50	204	2	4.80	0.00	9	18.59	1.80	6.60	0	117.5	1.20	1.20
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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 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	100	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			386	2.27	354	*41	6.18	0.00	16	68.62	3.88	15.00	333	264.7	28.10	1.44
% of Calories				5.29%		*42.5%	14.4%	0.0%		71.1%		15.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 04/19/2023

Reimbursable Meal Total 200

	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	200	212	0.52	141	19	1.04	*0.00	5	46.57	3.13	5.21	208	41.8	3.13	1.88
001470 Sausage Link; 1 link	1 link	200	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			535	3.29	469	*58	9.43	*0.00	33	96.60	5.21	17.61	542	189.0	30.03	2.48
% of Calories				5.53%		*43.4%	15.9%	*0.0%		72.2%		13.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/20/2023

Reimbursable Meal Total 200

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)
000287 French Toast Sticks: 4=2B	4 PIECES	200	300	3.00	400	15	13.00	0.00	0	43.00	3.00	6.00	75	0.0	0.00	1.44
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	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	100	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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			622	3.77	580	*65	14.39	0.00	8	113.03	5.08	14.40	463	147.2	26.90	1.68
% of Calories				5.45%		*41.8%	20.8%	0.0%		72.7%		9.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Friday - 04/21/2023

Reimbursable Meal Total 200

	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)
990071 Sausage Patty	1.5 OZ	200	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
001269 Egg Scrambled Squares	EACH	200	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001477 Biscuit, So.Style WG 2.51oz	each	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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 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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
000277 Jelly, Assorted	Each	200	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			727	12.27	862	*49	31.39	0.00	152	87.03	4.08	24.40	477	254.2	26.90	2.40
% of Calories				15.19%		*27.0%	38.9%	0.0%		47.9%		13.4%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Monday - 04/24/2023

Reimbursable Meal Total 200

	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	200	183	1.00	187	16	2.71	0.01	0	38.22	2.98	2.36	505	101.0	0.00	1.82
900506 Yogurt, Go-Gurt, Strawberry	each	200	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	200	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
Weighted Daily Average			495	1.77	367	*64	4.60	0.01	8	101.24	5.06	12.76	1238	348.2	26.90	2.06
% of Calories				3.22%		*51.7%	8.4%	0.0%		81.8%		10.3%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Tuesday - 04/25/2023

Reimbursable Meal Total 200

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)
000918 Pancake/Sausage on a Stick	Serving	200	158	1.69	406	7	5.63	0.00	11	18.03	2.25	9.01	0	0.0	0.00	0.00
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			480	2.46	586	*57	7.02	0.00	19	88.05	4.34	17.42	388	147.2	26.90	0.24
% of Calories				4.61%		*47.5%	13.2%	0.0%		73.4%		14.5%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Wednesday - 04/26/2023

Reimbursable Meal Total 200

	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	200	160	0.67	260	7	4.00	0.00	7	27.33	2.00	3.33	33	26.7	0.00	0.96
001470 Sausage Link; 1 link	1 link	200	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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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 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	100	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
001149 Syrup, Ind.	Each	200	80	0.00	30	11	0.00	0.00	0	20.00	0.00	0.00	55	0.0	0.00	0.00
Weighted Daily Average			562	3.44	618	*57	12.39	0.00	34	97.36	4.08	15.73	422	173.8	26.90	1.56
% of Calories				5.51%		*40.6%	19.8%	0.0%		69.3%		11.2%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=0									

Thursday - 04/27/2023

Reimbursable Meal Total 200

	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)
001630 Strudel Stick, Cherry 2016	EACH	200	210	1.50	280	11	6.00	0.00	0	37.00	2.00	5.00	0	0.0	0.00	2.52
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	200	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	200	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	100	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	100	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			452	2.27	430	*50	7.39	0.00	8	87.03	4.08	13.40	333	147.2	26.90	2.76
% of Calories				4.52%		*44.2%	14.7%	0.0%		77.0%		11.9%				
Weekly Nutrient Guideline			350 - 500	<10	540		<=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	535	4	528	*55	12.05	*0.00	36	91.42	4.41	16.66	525	229	29.12	1.59

Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

% of Calories				7.17%		*41.1%	20.3%	*0.0%		68.4%		12.5%			
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**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.