

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

**Menu Name:** SHS Breakfast 9-12  
**Site:** 8 - Sylacauga High School

**Include Cost:** No  
**Report Style:** Detailed

### Monday - 04/03/2023

**Reimbursable Meal Total 96**

	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	96	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	37	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	112	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	60	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
990367 MILK, SHELF STABLE, FF WHITE	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
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	81	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			438	2.26	356	*60	7.62	0.00	31	80.21	2.56	13.34	321	260.2	34.49	0.89
% of Calories				4.64%		*54.8%	15.7%	0.0%		73.3%		12.2%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Tuesday - 04/04/2023

**Reimbursable Meal Total 80**

	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	80	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72

# 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)
001477 Biscuit, So.Style WG 2.51oz	each	80	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	50	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	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000277 Jelly, Assorted	Each	50	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	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	54	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	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			642	11.01	815	46	27.86	0.00	37	78.19	3.41	20.16	189	204.6	13.86	1.93
% of Calories				15.43%		28.7%	39.1%	0.0%		48.7%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 04/05/2023

Reimbursable Meal Total 60

	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)
900168 Cereal, Apple Jacks	each	60	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
001515 Cheese, Mozz, String: 1oz	1 OZ	50	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	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	27	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)
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
990367 MILK, SHELF STABLE, FF WHITE	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			396	4.12	419	*46	7.32	0.00	19	69.64	5.00	13.67	4980	424.7	41.05	3.86
% of Calories				9.36%		*46.5%	16.6%	0.0%		70.3%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

**Thursday - 04/06/2023**

**Reimbursable Meal Total 50**

	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)
990236 Cinnamon Toast Crunch Soft Bar	each	50	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
900506 Yogurt, Go-Gurt, Strawberry	each	30	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	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
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
Weighted Daily Average			671	4.04	597	*82	11.03	0.00	21	119.59	5.86	17.76	738	266.6	34.86	0.21
% of Calories				5.42%		*48.9%	14.8%	0.0%		71.3%		10.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

**Friday - 04/07/2023**

**Reimbursable Meal Total 50**

# 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)
001574 Poptart, Strawberry WG	EACH	50	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001499 Cheese, String, Mozz	1 OZ	30	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
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
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
Weighted Daily Average			597	4.64	559	*76	8.83	0.00	24	109.39	5.86	22.16	1117	430.8	34.86	2.07
% of Calories				6.99%		*50.9%	13.3%	0.0%		73.3%		14.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 04/10/2023

Reimbursable Meal Total 75

	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)
000269 Muffin, Assorted	Each	75	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001499 Cheese, String, Mozz	1 OZ	30	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
900065 Juice Assortment	SERVING	70	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	27	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)
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	54	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			421	2.43	349	*55	7.90	0.00	31	75.51	2.48	13.07	301	230.7	31.56	0.90
% of Calories				5.19%		*52.3%	16.9%	0.0%		71.7%		12.4%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

Tuesday - 04/11/2023

Reimbursable Meal Total 120

	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	120	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	120	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	58	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	150	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	54	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	27	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
900506 Yogurt, Go-Gurt, Strawberry	each	50	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	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			622	6.34	661	53	15.78	0.00	35	96.17	4.02	20.28	444	348.3	18.29	1.19
% of Calories				9.17%		34.1%	22.8%	0.0%		61.8%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

### Wednesday - 04/12/2023

Reimbursable Meal Total 100

	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 (mg)	Vit-C (mg)	Iron (mg)
000287 French Toast Sticks: 4=2B	4 PIECES	100	300	3.00	400	15	13.00	0.00	0	43.00	3.00	6.00	75	0.0	0.00	1.44
990106 Sausage Link: 2 links	2 links	100	160	4.00	356	0	14.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.72
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
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
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
001149 Syrup, Ind.	Each	0	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			676	7.75	905	53	28.26	0.00	48	86.04	4.08	22.05	234	141.7	15.05	2.27
% of Calories				10.32%		31.4%	37.6%	0.0%		50.9%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 04/13/2023

Reimbursable Meal Total 96

	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 (mg)	Vit-C (mg)	Iron (mg)
001574 Poptart, Strawberry WG	EACH	96	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	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 <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	30	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
990366 MILK, SHELF STABLE, FF CHOCOLATE	EACH	54	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	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			376	2.54	353	*45	5.20	0.00	10	73.07	4.53	10.92	821	272.3	18.16	1.94
% of Calories				6.08%		*47.9%	12.4%	0.0%		77.7%		11.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Friday - 04/14/2023

### Reimbursable Meal Total 60

	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)
000940 Breakfast Bagel	SERVING	60	180	2.00	430	2	8.00	0.00	15	19.00	2.00	10.00	200	0.0	0.00	0.00
001499 Cheese, String, Mozz	1 OZ	30	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
900065 Juice Assortment	SERVING	70	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
Weighted Daily Average			548	5.00	751	*58	13.11	0.00	35	83.64	3.81	26.41	507	269.6	18.48	0.22
% of Calories				8.21%		*42.3%	21.5%	0.0%		61.1%		19.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

# Planned Menu Spreadsheet

Portion Values

Apr 3, 2023 thru Apr 28, 2023

## Monday - 04/17/2023

Reimbursable Meal Total 50

	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	50	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001499 Cheese, String, Mozz	1 OZ	30	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
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
Weighted Daily Average			634	4.09	512	*88	10.71	0.00	42	113.19	3.15	21.66	492	422.5	46.87	1.00
% of Calories				5.81%		*55.5%	15.2%	0.0%		71.4%		13.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday - 04/18/2023

Reimbursable Meal Total 80

	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	80	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	80	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	50	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	70	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 <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)
000277 Jelly, Assorted	Each	50	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	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	54	120	0.00	150	22	0.00	0.00	5	24.00	1.00	8.00	0	0.0	0.00	0.00
990367 MILK, SHELF STABLE, FF WHITE	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			642	11.01	815	46	27.86	0.00	37	78.19	3.41	20.16	189	204.6	13.86	1.93
% of Calories				15.43%		28.7%	39.1%	0.0%		48.7%		12.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Wednesday - 04/19/2023

### Reimbursable Meal Total 60

	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)
900168 Cereal, Apple Jacks	each	60	110	0.50	160	8	1.00	0.00	0	24.00	3.00	1.00	4400	80.0	12.00	3.60
001515 Cheese, Mozz, String: 1oz	1 OZ	50	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	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	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

# 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	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			396	4.12	419	*46	7.32	0.00	19	69.64	5.00	13.67	4980	424.7	41.05	3.86
% of Calories				9.36%		*46.5%	16.6%	0.0%		70.3%		13.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 04/20/2023

Reimbursable Meal Total 50

	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	50	260	2.50	290	15	8.00	0.00	5	41.00	3.00	0.00	0	0.0	0.00	0.00
900506 Yogurt, Go-Gurt, Strawberry	each	30	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	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
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
Weighted Daily Average			671	4.04	597	*82	11.03	0.00	21	119.59	5.86	17.76	738	266.6	34.86	0.21
% of Calories				5.42%		*48.9%	14.8%	0.0%		71.3%		10.6%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Friday - 04/21/2023

Reimbursable Meal Total 50

# 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)
001574 Poptart, Strawberry WG	EACH	50	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001499 Cheese, String, Mozz	1 OZ	30	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
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
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
Weighted Daily Average			597	4.64	559	*76	8.83	0.00	24	109.39	5.86	22.16	1117	430.8	34.86	2.07
% of Calories				6.99%		*50.9%	13.3%	0.0%		73.3%		14.8%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Monday - 04/24/2023

Reimbursable Meal Total 50

	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)
000269 Muffin, Assorted	Each	50	154	0.49	124	13	4.58	0.00	18	26.50	0.98	1.96	55	15.0	16.78	0.72
001499 Cheese, String, Mozz	1 OZ	30	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
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

# 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)
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
Weighted Daily Average			634	4.09	512	*88	10.71	0.00	42	113.19	3.15	21.66	492	422.5	46.87	1.00
% of Calories				5.81%		*55.5%	15.2%	0.0%		71.4%		13.7%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

## Tuesday - 04/25/2023

Reimbursable Meal Total 75

	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)
000303 Chicken Patty for Biscuit	EACH	75	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	75	210	4.50	340	3	9.00	0.00	0	27.00	2.00	5.00	15	80.0	0.00	1.08
000339 Fruit, Canned, Assorted	1/2 CUP	40	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	70	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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	50	110	1.50	130	12	2.50	0.00	10	13.00	0.00	8.00	0	0.0	0.00	0.00
900506 Yogurt, Go-Gurt, Strawberry	each	30	70	0.00	30	10	0.50	0.00	1	13.00	0.00	2.00	400	100.0	0.00	0.00
000277 Jelly, Assorted	Each	50	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			564	7.00	648	39	16.88	0.00	37	78.02	3.62	20.19	378	302.5	14.29	1.20
% of Calories				11.17%		27.7%	26.9%	0.0%		55.3%		14.3%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

# Planned Menu Spreadsheet

## Portion Values

Apr 3, 2023 thru Apr 28, 2023

### Wednesday - 04/26/2023

Reimbursable Meal Total 100

	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)
000287 French Toast Sticks: 4=2B	4 PIECES	100	300	3.00	400	15	13.00	0.00	0	43.00	3.00	6.00	75	0.0	0.00	1.44
990106 Sausage Link: 2 links	2 links	100	160	4.00	356	0	14.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.72
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
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
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
001149 Syrup, Ind.	Each	0	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			676	7.75	905	53	28.26	0.00	48	86.04	4.08	22.05	234	141.7	15.05	2.27
% of Calories				10.32%		31.4%	37.6%	0.0%		50.9%		13.0%				
Weekly Nutrient Guideline			450 - 600	<10	640		<=0									

### Thursday - 04/27/2023

Reimbursable Meal Total 50

	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	50	180	1.00	180	15	2.50	0.00	0	38.00	3.00	2.00	500	100.0	0.00	1.80
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	50	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	70	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 <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)
001499 Cheese, String, Mozz	1 OZ	30	80	3.50	150	*N/A*	6.00	0.00	15	1.00	0.00	6.00	199	207.0	0.00	0.10
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
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
Weighted Daily Average			597	4.64	559	*76	8.83	0.00	24	109.39	5.86	22.16	1117	430.8	34.86	2.07
% of Calories				6.99%		*50.9%	13.3%	0.0%		73.3%		14.8%				
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	568	5	594	*61	13.86	0.00	31	92.00	4.29	19.02	1020	310	28.59	1.64
% of Calories		8.46%		*43.0%	22.0%	0.0%		64.8%		13.4%				

\*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.