

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

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

Tuesday - 01/05/2021 Reimbursable Meal Total 398

	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)
900189 Chicken, Bites whole muscle	6 nuggets	398	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
001005 Applesauce Cup	SERVING	398	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
990212 Dinner Roll Dough, WG Sis Shubert	each	398	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001035 Potatoes, Sweet, Fries:1/2c	1/2c servings	398	101	0.00	80	5	3.52	0.00	0	16.15	2.05	1.01	2263	0.7	3.62	0.37
001426 MILK, 1% FAT	HALF PINT	140	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	258	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	60	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
001011 CONDIMENT 4	EACH	398	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			884	5.00	1625	*13	30.52	0.00	92	113.78	6.36	39.88	2647	198.0	33.90	12.04
% of Calories				5.09%		*5.9%	31.1%	0.0%		51.5%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/07/2021 Reimbursable Meal Total 398

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001517 Barbecue Chicken Sandwich	2 oz servings	398	258	1.00	816	9	5.30	0.00	37	34.88	2.82	17.77	169	39.4	1.02	1.66
001240 Tater Tots: 1/2 cup	1/2 Cup	398	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
000085 Orange Halves	1/2 EACH	398	32	0.02	0	6	0.15	0.00	0	8.14	1.69	0.49	159	30.3	31.72	0.06
001426 MILK, 1% FAT	HALF PINT	140	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	258	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900329 Ketchup, Individual Packet (2)	2 PC	398	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
Weighted Daily Average			542	2.02	1185	*19	12.45	0.00	44	79.96	184.49	27.14	811	244.0	34.52	1.90
% of Calories				3.35%		*14.0%	20.7%	0.0%		59.0%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/08/2021

Reimbursable Meal Total 380

	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)
990239 CHICKEN BACON RANCH WRAP	EACH	380	571	13.60	814	*5	26.82	*0.00	185	27.65	3.03	58.48	7	41.9	0.12	2.63
900222 Chips, Doritos: Cool Ranch WG	bag	380	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	380	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
990001 Juice, Apple	CARTON	380	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			885	14.61	1146	*20	31.87	*0.00	192	80.58	6.04	68.61	5165	266.5	1.62	3.49
% of Calories				14.86%		*9.0%	32.4%	*0.0%		36.4%		31.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/11/2021

Reimbursable Meal Total 380

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	380	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
001420 Salsa: 1/4 cup	1/4 CUP	380	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
900129 Beans, Pinto:1/2 cup	1/2 cup	380	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
000814 Apples, Fresh (HUSSC)	1/2 CUP	380	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			565	2.52	1316	*15	13.26	0.00	*61	77.29	11.26	*31.45	*356	*290.7	*8.14	*2.39
% of Calories				4.01%		*10.6%	21.1%	0.0%		54.7%		*22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/12/2021

Reimbursable Meal Total 380

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001658 Hamburger w/ WG Bun CASE	each	380	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
001410 Beans, Baked: 1/2cup	1/2 CUP	380	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
990001 Juice, Apple	CARTON	380	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001011 CONDIMENT 4	EACH	380	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			637	4.08	930	*25	15.04	0.00	55	92.08	9.76	33.29	1361	406.6	0.68	7.12
% of Calories				5.76%		*15.7%	21.2%	0.0%		57.8%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/14/2021

Reimbursable Meal Total 380

	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)
990047 Potato, Baked, Whole	EACH	380	164	0.05	13	2	0.19	0.00	0	37.25	4.47	4.37	4	25.6	41.96	1.72
900195 Chicken, Fajita Seasoned Strip	serving	380	116	1.64	450	*N/A*	5.71	0.00	58	0.00	0.00	16.43	0	0.0	0.00	0.29
900031 Cheese Sauce, Canned: 1/4 Cup	1/4 CUP	380	79	1.99	467	*N/A*	5.96	0.00	*N/A*	5.96	0.00	*N/A*	0	19.9	0.00	0.00
000085 Orange Halves	1/2 EACH	380	32	0.02	0	6	0.15	0.00	0	8.14	1.69	0.49	159	30.3	31.72	0.06

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Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
900415 Rice Krispie Treats, mini	each	380	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
990103 Margarine	1 TBSP	380	101	5.04	111	0	11.08	0.00	0	0.00	0.00	0.00	504	0.0	0.00	0.00
900450 Sour Cream, Fat Free, Single	1 oz pouch	10	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			655	8.74	1226	*11	24.09	0.00	*65	77.45	6.16	*29.24	968	250.8	74.28	2.61
% of Calories				12.01%		*6.7%	33.1%	0.0%		47.3%		*17.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/15/2021

Reimbursable Meal Total 380

	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)
001517 Barbecue Chicken Sandwich	2 oz servings	380	258	1.00	816	9	5.30	0.00	37	34.88	2.82	17.77	169	39.4	1.02	1.66
900222 Chips, Doritos: Cool Ranch WG	bag	380	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	380	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
990001 Juice, Apple	CARTON	380	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			719	2.66	1591	*22	11.63	0.00	44	112.78	12.77	36.95	516	305.8	*1.61	4.58
% of Calories				3.33%		*12.2%	14.6%	0.0%		62.7%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/19/2021

Reimbursable Meal Total 380

	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)
990234 Burrito, IW Chicken	each	380	290	3.00	620	1	13.00	0.00	50	33.00	4.00	24.00	2	6.0	0.00	4.00
900129 Beans, Pinto:1/2 cup	1/2 cup	380	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001420 Salsa: 1/4 cup	1/4 CUP	380	19	0.00	227	*N/A*	0.00	0.00	0	3.84	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
000154 Tortilla Chips (1oz -10 chips)	1oz servings	380	132	0.00	172	1	5.06	0.00	0	19.24	2.02	2.02	0	20.2	0.00	0.73
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			643	3.00	1298	*2	18.06	0.00	57	89.14	12.02	39.92	*283	*279.7	*1.79	*5.99
% of Calories				4.20%		*1.2%	25.3%	0.0%		55.5%		24.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/21/2021

Reimbursable Meal Total 380

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001017 Cheese Stix (2)	Serving	380	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001313 Spaghetti Sauce: Homemade	1 CUP	100	71	0.01	1376	*12	0.05	0.00	0	14.37	4.31	4.48	100	29.8	19.41	1.25
000085 Orange Halves	1/2 EACH	380	32	0.02	0	6	0.15	0.00	0	8.14	1.69	0.49	159	30.3	31.72	0.06
001043 Animal Crackers WG	1 OZ BAG	380	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			593	4.02	1337	*16	16.16	0.00	17	82.98	7.83	*23.57	470	391.6	37.42	13.29
% of Calories				6.10%		*10.8%	24.5%	0.0%		56.0%		*15.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/22/2021

Reimbursable Meal Total 380

	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)
001146 Hot Dog WG	servings	380	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
000122 Potato Wedges: FZN 3 oz	3oz servings	380	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
990001 Juice, Apple	CARTON	380	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

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Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
990099 CONDIMENT 2	EACH	380	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
900329 Ketchup, Individual Packet (2)	2 PC	380	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
Weighted Daily Average			583	4.08	1056	*26	14.40	0.25	22	96.27	4.16	18.64	1019	213.9	4.44	2.39
% of Calories				6.30%		*17.8%	22.2%	0.4%		66.1%		12.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/25/2021

Reimbursable Meal Total 380

	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)
001288 TaterTot Casserole (Red. Cal)	SVG (3/4 cup)	380	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75
001043 Animal Crackers WG	1 OZ BAG	380	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
000814 Apples, Fresh (HUSSC)	1/2 CUP	380	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900083 Peas, Green:Canned 1/2 C	1/2 CUP	380	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			834	9.99	1036	*20	31.76	*0.67	91	93.18	183.72	*37.13	1174	549.9	8.36	4.70
% of Calories				10.78%		*9.6%	34.3%	*0.7%		44.7%		*17.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/26/2021

Reimbursable Meal Total 380

	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)
001658 Hamburger w/ WG Bun CASE	each	380	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
001410 Beans, Baked: 1/2cup	1/2 CUP	380	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900319 Juice, Orange 4 oz.	4 oz.	380	60	0.00	0	12	0.00	0.00	0	14.00	0.00	0.00	353	700.0	30.00	0.12
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001011 CONDIMENT 4	EACH	380	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			637	4.08	925	*25	15.04	0.00	55	92.08	9.76	33.29	1654	1106.6	30.68	7.24
% of Calories				5.76%		*15.7%	21.2%	0.0%		57.8%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/28/2021

Reimbursable Meal Total 380

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

	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)
990226 Grilled Cheese Sandwich	Each	380	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
001742 White Chicken Chili	1 cup	380	207	0.85	339	*2	4.12	*0.01	*18	27.26	*4.83	11.46	117	52.7	3.61	1.48
990235 Crackers, Pizza Crunch & Crave	each	380	190	0.00	170	5	7.00	0.00	0	30.00	4.00	4.00	0	6.0	0.00	8.00
000086 Oranges	1/2 CUP	380	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			853	5.88	1229	*25	20.42	*0.01	*57	120.59	*15.22	42.34	1239	757.7	67.65	10.79
% of Calories				6.20%		*11.7%	21.5%	*0.0%		56.5%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/29/2021

Reimbursable Meal Total 380

	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)
000987 Corn Dog WG	4 OZ	380	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
900222 Chips, Doritos: Cool Ranch WG	bag	380	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	380	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
990001 Juice, Apple	CARTON	380	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

Jan 5, 2021 thru Jan 29, 2021

	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)
001426 MILK, 1% FAT	HALF PINT	130	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	250	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	1	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
990099 CONDIMENT 2	EACH	1	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
990083 Ketchup: Individual Packet (1)	EACH	380	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			668	*3.50	901	*25	14.29	*0.00	*47	106.34	*9.61	22.78	561	*293.9	*0.62	*2.84
% of Calories				*4.72%		*15.0%	19.3%	*0.0%		63.7%		13.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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	693	*5.30	1200	*19	19.21	*0.07	*64	93.89	*34.23	*34.59	*1302	*396.8	*21.84	*5.81
% of Calories		*6.88%		*11.0%	24.9%	*0.1%		54.2%		*20.0%				

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.