

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

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

Thursday - 10/01/2020

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)
001705 Chicken Nachos w/ Chips	SERVINGS	200	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
000154 Tortilla Chips (1oz -10 chips)	1oz servings	200	132	0.00	172	1	5.06	0.00	0	19.24	2.02	2.02	0	20.2	0.00	0.73
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
900129 Beans, Pinto:1/2 cup	1/2 cup	200	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	200	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*
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001011 CONDIMENT 4	EACH	0	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
900450 Sour Cream, Fat Free, Single	1 oz pouch	50	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			692	2.50	1494	*11	18.22	0.00	*62	94.06	11.55	*33.89	*565	*332.7	*15.43	*3.16
% of Calories				3.25%		*6.4%	23.7%	0.0%		54.4%		*19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 10/02/2020

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001764 Hamburger:Quarter Pound	3 oz	200	374	5.82	404	*4	16.79	0.99	85	26.79	1.98	28.62	0	49.8	0.00	3.48
001264 Chips: Baked LF Ranch	BAG	200	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
000814 Apples, Fresh (HUSSC)	1/2 CUP	200	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001665 Broccoli w/ Cheese(Can): 1/4c	1/3 cup	200	36	0.48	122	*1	1.43	0.00	*0	4.10	1.33	*1.33	267	18.1	28.02	0.24
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001011 CONDIMENT 4	EACH	200	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			770	7.83	1007	*22	27.45	0.99	*97	90.27	8.63	*40.10	740	297.4	34.90	4.42
% of Calories				9.15%		*11.4%	32.1%	1.2%		46.9%		*20.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/05/2020

Reimbursable Meal Total 245

	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)
900189 Chicken, Bites whole muscle	6 nuggets	245	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
001401 Pears: Canned,Light Syrup 1/2c	1/2cup servings	245	132	0.00	25	25	0.00	0.00	0	31.37	1.65	0.00	0	0.0	0.00	0.00
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	245	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	245	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
001426 MILK, 1% FAT	HALF PINT	95	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001351 CONDIMENT 5	1 EACH	245	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			919	4.33	1679	*30	25.62	0.00	76	119.44	13.21	48.00	337	8573.4	*0.54	4.81
% of Calories				4.24%		*13.1%	25.1%	0.0%		52.0%		20.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/06/2020

Reimbursable Meal Total 245

	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)
990122 Grilled Chicken Sandwich	Sandwiches	245	258	2.00	646	4	7.98	0.00	45	27.67	1.98	18.94	0	39.5	1.20	1.78
001012 Cheese Slice	EACH	245	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	0.00	0.00
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000122 Potato Wedges: FZN 3 oz	3oz servings	245	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001426 MILK, 1% FAT	HALF PINT	95	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	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	245	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
900329 Ketchup, Individual Packet (2)	2 PC	245	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			671	5.57	1373	*21	20.81	0.00	70	89.22	4.11	31.40	862	434.8	18.79	2.36
% of Calories				7.47%		*12.5%	27.9%	0.0%		53.2%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/08/2020

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)
900189 Chicken, Bites whole muscle	6 nuggets	200	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
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
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	200	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	200	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001351 CONDIMENT 5	1 EACH	200	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			850	4.35	1659	*14	25.76	0.00	76	104.25	13.15	48.38	561	8582.4	*14.23	5.03
% of Calories				4.61%		*6.6%	27.3%	0.0%		49.1%		22.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 10/09/2020

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
990122 Grilled Chicken Sandwich	Sandwiches	200	258	2.00	646	4	7.98	0.00	45	27.67	1.98	18.94	0	39.5	1.20	1.78
001012 Cheese Slice	EACH	200	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	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
000122 Potato Wedges: FZN 3 oz	3oz servings	200	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	200	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00
900329 Ketchup, Individual Packet (2)	2 PC	200	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			670	5.57	1372	*21	20.81	0.00	70	89.07	4.11	31.39	865	436.7	18.78	2.36
% of Calories				7.48%		*12.5%	28.0%	0.0%		53.2%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/12/2020

Reimbursable Meal Total 245

	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)
001782 Pizza, Pepperoni 16"	Servings	245	248	5.07	581	3	10.10	0.00	21	23.22	1.70	15.51	680	345.1	7.67	2.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	245	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	245	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001426 MILK, 1% FAT	HALF PINT	95	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	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			537	*5.10	903	*17	11.53	*0.00	*29	79.27	*5.90	27.58	1281	*532.2	*21.94	*3.26
% of Calories				*8.55%		*12.7%	19.3%	*0.0%		59.0%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/13/2020

Reimbursable Meal Total 245

	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)
001764 Hamburger:Quarter Pound	3 oz	245	374	5.82	404	*4	16.79	0.99	85	26.79	1.98	28.62	0	49.8	0.00	3.48
001264 Chips: Baked LF Ranch	BAG	245	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001035 Potatoes, Sweet, Fries:1/2c	1/2c servings	245	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	95	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	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	245	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
900329 Ketchup, Individual Packet (2)	2 PC	0	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			818	7.32	944	*23	29.31	0.99	97	95.61	6.03	39.43	2671	409.9	17.37	4.41
% of Calories				8.05%		*11.2%	32.2%	1.1%		46.8%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/15/2020

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)
001782 Pizza, Pepperoni 16"	Servings	200	248	5.07	581	3	10.10	0.00	21	23.22	1.70	15.51	680	345.1	7.67	2.38
990110 Hot Pocket, Pepperoni	4.46 oz	1	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
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
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	200	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			538	*5.12	905	*17	11.59	*0.00	*29	79.29	*5.91	27.66	1285	*535.3	*21.93	*3.27
% of Calories				*8.57%		*12.6%	19.4%	*0.0%		59.0%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 10/16/2020

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001764 Hamburger:Quarter Pound	3 oz	200	374	5.82	404	*4	16.79	0.99	85	26.79	1.98	28.62	0	49.8	0.00	3.48
001264 Chips: Baked LF Ranch	BAG	200	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	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
001035 Potatoes, Sweet, Fries:1/2c	1/2c servings	200	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	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000945 CONDIMENT 3	EACH	200	40	0.50	160	0	4.00	0.00	5	2.00	0.00	0.00	0	0.0	0.00	0.00
900329 Ketchup, Individual Packet (2)	2 PC	0	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			818	7.32	943	*23	29.31	0.99	97	95.46	6.03	39.41	2674	411.7	17.35	4.41
% of Calories				8.05%		*11.2%	32.2%	1.1%		46.7%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/19/2020

Reimbursable Meal Total 245

	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)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	245	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	245	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	245	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	245	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001426 MILK, 1% FAT	HALF PINT	95	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	148	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001351 CONDIMENT 5	1 EACH	245	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			634	4.05	978	*15	20.86	0.00	*64	79.18	8.79	*31.18	1180	8564.0	70.28	3.01
% of Calories				5.75%		*9.5%	29.6%	0.0%		50.0%		*19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/20/2020

Reimbursable Meal Total 245

	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)
001146 Hot Dog WG	servings	245	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
900065 Juice Assortment	SERVING	245	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000122 Potato Wedges: FZN 3 oz	3oz servings	245	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001186 Beans, Baked: 1/4 cup	1/4C	245	69	0.00	95	*3	0.00	0.00	0	13.97	3.62	3.62	111	41.1	0.05	1.38
001426 MILK, 1% FAT	HALF PINT	95	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	148	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

Oct 1, 2020 thru Oct 30, 2020

	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)
990099 CONDIMENT 2	EACH	245	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
Weighted Daily Average			634	4.08	1096	*27	14.40	0.25	23	104.85	7.78	22.16	992	401.0	17.64	3.78
% of Calories				5.79%		*17.0%	20.4%	0.4%		66.2%		14.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/22/2020

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)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	200	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
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
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	200	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	200	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001351 CONDIMENT 5	1 EACH	200	54	0.67	86	3	4.33	0.00	3	4.47	0.00	0.00	33	0.0	0.00	0.00
Weighted Daily Average			634	4.05	977	*15	20.86	0.00	*64	79.03	8.79	*31.16	1183	8565.9	70.26	3.01
% of Calories				5.75%		*9.5%	29.6%	0.0%		49.9%		*19.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 10/23/2020

Reimbursable Meal Total 200

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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	200	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
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
000122 Potato Wedges: FZN 3 oz	3oz servings	200	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
001186 Beans, Baked: 1/4 cup	1/4C	200	69	0.00	95	*3	0.00	0.00	0	13.97	3.62	3.62	111	41.1	0.05	1.38
001426 MILK, 1% FAT	HALF PINT	80	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	118	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990099 CONDIMENT 2	EACH	200	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
Weighted Daily Average			633	4.08	1095	*27	14.40	0.25	23	104.71	7.78	22.14	995	402.8	17.63	3.78
% of Calories				5.80%		*17.1%	20.5%	0.4%		66.2%		14.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 10/26/2020

Reimbursable Meal Total 250

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	398	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
000154 Tortilla Chips (1oz -10 chips)	1oz servings	398	132	0.00	172	1	5.06	0.00	0	19.24	2.02	2.02	0	20.2	0.00	0.73
000998 Raisins, Individual Box	Box	398	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
900129 Beans, Pinto:1/2 cup	1/2 cup	398	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001420 Salsa: 1/4 cup	1/4 CUP	398	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*
001426 MILK, 1% FAT	HALF PINT	175	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	222	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001011 CONDIMENT 4	EACH	0	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
900450 Sour Cream, Fat Free, Single	1 oz pouch	100	25	0.00	30	2	0.00	0.00	5	4.00	0.00	2.00	200	60.0	0.00	0.00
Weighted Daily Average			1218	3.95	2377	*53	28.80	0.00	*100	176.11	19.50	*55.21	*566	*566.7	*2.71	*4.68
% of Calories				2.92%		*17.4%	21.3%	0.0%		57.8%		*18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 10/27/2020

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)
990058 CHICKEN BROCCOLI CASSEROLE	3/4 CUP	398	366	4.53	305	*0	11.98	*0.00	86	31.39	2.11	32.37	*282	*56.8	*10.53	*1.75
001451 Carrots, Glazed, 1/2 cup	1/2 CUP	398	62	0.13	412	*0	0.44	*0.00	0	14.29	3.08	1.00	20498	56.1	3.40	0.92
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	398	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
900319 Juice, Orange 4 oz.	4 oz.	398	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	175	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001427 MILK, FF CHOCOLATE	HALF PINT	222	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			701	4.66	942	*15	14.38	*0.00	94	94.10	7.80	45.11	*21450	*9322.6	*44.44	*4.13
% of Calories				5.98%		*8.6%	18.5%	*0.0%		53.7%		25.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 10/28/2020

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001672 Meat Loaf	3/4" SLICE	398	197	3.94	138	*0	10.38	*0.63	72	7.81	*1.26	17.53	112	37.5	1.26	2.07
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	398	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
900006 Beans, Green, Seasoned 1/4 cup	1/4 CUP	398	19	0.45	111	*0	1.15	0.00	0	2.03	*0.97	0.04	*46	*1.2	*0.04	*0.07
990235 Crackers, Pizza Crunch & Crave	each	398	190	0.00	170	5	7.00	0.00	0	30.00	4.00	4.00	0	6.0	0.00	8.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	398	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001426 MILK, 1% FAT	HALF PINT	175	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	222	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			649	4.41	884	*14	19.85	*0.63	80	85.68	*8.60	31.36	*683	*242.6	*22.59	*10.81
% of Calories				6.12%		*8.6%	27.5%	*0.9%		52.8%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 10/29/2020

Reimbursable Meal Total 398

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001017 Cheese Stix (2)	Serving	398	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	200	71	0.01	1376	*12	0.05	0.00	0	14.37	4.31	4.48	100	29.8	19.41	1.25
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	398	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	398	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001426 MILK, 1% FAT	HALF PINT	175	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	222	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			624	*4.03	1751	*26	13.46	*0.00	*18	96.94	*10.36	28.36	669	*241.4	*23.98	*13.51
% of Calories				*5.81%		*16.7%	19.4%	*0.0%		62.1%		18.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 10/30/2020

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)
001764 Hamburger:Quarter Pound	3 oz	398	374	5.82	404	*4	16.79	0.99	85	26.79	1.98	28.62	0	49.8	0.00	3.48
001264 Chips: Baked LF Ranch	BAG	398	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900415 Rice Krispie Treats, mini	each	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
900065 Juice Assortment	SERVING	398	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	398	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67

Planned Menu Spreadsheet

Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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	175	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	222	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
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			753	7.33	945	*24	25.89	0.99	98	88.35	6.18	38.93	10947	442.7	15.67	4.71
% of Calories				8.76%		*12.7%	30.9%	1.2%		46.9%		20.7%				
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	724	*5.03	1228	*22	20.70	*0.27	*67	97.10	*8.64	*35.41	*2658	*2594.5	*24.55	*4.68
% of Calories		*6.25%		*12.2%	25.7%	*0.3%		53.6%		*19.6%				

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.