

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

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

### Friday - 10/02/2020 Reimbursable Meal Total 150

	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)
990165 Hot Pocket, Pepperoni *RESIZED*	5.2 OZ	150	350	5.83	793	5	12.83	0.00	47	37.31	3.50	20.99	466	291.5	0.00	3.15
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	150	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
900358 Peach Cups diced, shelf stable	4 oz	150	70	0.00	15	17	0.00	0.00	0	18.00	1.00	0.00	85	0.0	24.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	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	100	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			648	*5.83	1128	*27	14.12	*0.00	*54	95.67	*7.11	32.75	920	*463.2	*24.62	*3.83
% of Calories				*8.10%		*16.7%	19.6%	*0.0%		59.1%		20.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/05/2020 Reimbursable Meal Total 150

	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)
990165 Hot Pocket, Pepperoni *RESIZED*	5.2 OZ	150	350	5.83	793	5	12.83	0.00	47	37.31	3.50	20.99	466	291.5	0.00	3.15
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	150	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	150	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

Oct 1, 2020 thru Oct 30, 2020

	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)
001426 MILK, 1% FAT	HALF PINT	50	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	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001453 Graham Cracker Snack, Choc	EACH	150	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
Weighted Daily Average			738	*6.83	1188	*42	17.12	*0.00	*54	110.67	*9.11	34.75	1395	*563.2	*0.62	*4.55
% of Calories				*8.33%		*22.8%	20.9%	*0.0%		60.0%		18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/08/2020

### Reimbursable Meal Total 150

	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)
001697 Chicken, Bites whole muscle, 4	4 nuggets	150	239	1.99	578	0	11.96	0.00	43	13.95	0.66	17.94	0	13.3	0.00	0.72
001035 Potatoes, Sweet, Fries:1/2c	1/2c servings	150	101	0.00	80	5	3.52	0.00	0	16.15	2.05	1.01	2263	0.7	3.62	0.37
001453 Graham Cracker Snack, Choc	EACH	150	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	150	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	50	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	100	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 <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)
001351 CONDIMENT 5	1 EACH	150	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			669	3.68	961	*37	22.95	0.00	54	87.00	7.30	29.23	3296	292.4	17.92	2.20
% of Calories				4.95%		*22.1%	30.9%	0.0%		52.0%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/09/2020

Reimbursable Meal Total 150

	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)
001017 Cheese Stix (2)	Serving	150	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	300	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	150	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
990001 Juice, Apple	CARTON	150	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	50	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	100	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			528	4.00	1384	*22	12.64	*0.00	17	76.51	7.27	23.03	*742	*214.1	*6.48	*13.43
% of Calories				6.82%		*16.7%	21.5%	*0.0%		58.0%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/12/2020

Reimbursable Meal Total 161

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001269 Egg Scrambled Squares	EACH	161	45	1.00	125	1	3.00	0.00	105	1.00	0.00	3.00	100	20.0	0.00	0.36
990071 Sausage Patty	1.5 OZ	161	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
900398 Potato, Rounds: 1/2 cup	serving	161	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	161	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
990001 Juice, Apple	CARTON	161	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	61	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			736	12.51	1188	*16	37.02	0.00	142	73.77	181.00	23.88	450	299.1	1.76	2.70
% of Calories				15.30%		*8.7%	45.3%	0.0%		40.1%		13.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Thursday - 10/15/2020

Reimbursable Meal Total 150

	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)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	150	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
900399 Potato Wedges: FZN 1/2c	serving	150	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
990001 Juice, Apple	CARTON	150	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	50	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	100	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 <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)
001351 CONDIMENT 5	1 EACH	150	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			624	3.77	840	*15	21.46	0.00	63	78.78	4.71	27.05	600	191.4	5.60	1.65
% of Calories				5.44%		*9.6%	31.0%	0.0%		50.5%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/16/2020

### Reimbursable Meal Total 150

	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)
001658 Hamburger w/ WG Bun CASE	each	150	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000319 French Fries: Oven Crinkle Cut	1/2 CUP	150	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
001012 Cheese Slice	EACH	150	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	0.00	0.00
900318 Juice, Grape 6 oz., shelf stab	6.75 oz.	150	100	0.00	15	18	0.00	0.00	0	21.00	0.00	0.00	90	20.0	60.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	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	100	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	150	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
000069 Pickles, Dill (slices)	servings	150	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			653	6.89	1253	*24	21.22	0.00	68	82.79	3.41	29.45	1317	416.3	62.65	4.46
% of Calories				9.50%		*14.7%	29.2%	0.0%		50.7%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

### Monday - 10/19/2020

Reimbursable Meal Total 150

	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)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	150	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
900399 Potato Wedges: FZN 1/2c	serving	150	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
990001 Juice, Apple	CARTON	150	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	50	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	100	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	150	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			624	3.77	840	*15	21.46	0.00	63	78.78	4.71	27.05	600	191.4	5.60	1.65
% of Calories				5.44%		*9.6%	31.0%	0.0%		50.5%		17.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Tuesday - 10/20/2020

Reimbursable Meal Total 150

	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)
001658 Hamburger w/ WG Bun CASE	each	150	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000319 French Fries: Oven Crinkle Cut	1/2 CUP	150	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
001012 Cheese Slice	EACH	150	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	0.00	0.00
900318 Juice, Grape 6 oz., shelf stab	6.75 oz.	150	100	0.00	15	18	0.00	0.00	0	21.00	0.00	0.00	90	20.0	60.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001426 MILK, 1% FAT	HALF PINT	50	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	100	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	150	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
000069 Pickles, Dill (slices)	servings	150	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			653	6.89	1253	*24	21.22	0.00	68	82.79	3.41	29.45	1317	416.3	62.65	4.46
% of Calories				9.50%		*14.7%	29.2%	0.0%		50.7%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/23/2020

Reimbursable Meal Total 161

	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)
001269 Egg Scrambled Squares	EACH	161	45	1.00	125	1	3.00	0.00	105	1.00	0.00	3.00	100	20.0	0.00	0.36
990071 Sausage Patty	1.5 OZ	161	190	6.00	320	0	18.00	0.00	30	0.00	0.00	7.00	0	0.0	0.00	0.72
900398 Potato, Rounds: 1/2 cup	serving	161	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	161	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
990001 Juice, Apple	CARTON	161	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	100	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 <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)
001426 MILK, 1% FAT	HALF PINT	61	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			736	12.51	1188	*16	37.02	0.00	142	73.77	181.00	23.88	450	299.1	1.76	2.70
% of Calories				15.30%		*8.7%	45.3%	0.0%		40.1%		13.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Monday - 10/26/2020

### Reimbursable Meal Total 150

	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)
900377 Pizza, French Bread PEPPERONI	pizza	150	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	150	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	50	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	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	150	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
Weighted Daily Average			561	*4.52	1016	*19	10.43	*0.00	*42	86.69	*7.19	31.16	1339	*578.8	*20.32	*1.98
% of Calories				*7.25%		*13.5%	16.7%	*0.0%		61.8%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

### Friday - 10/30/2020

### Reimbursable Meal Total 185

# Planned Menu Spreadsheet

## Portion Values

Oct 1, 2020 thru Oct 30, 2020

	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)
001146 Hot Dog WG	servings	185	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
001410 Beans, Baked: 1/2cup	1/2 CUP	185	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	185	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	85	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	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
000816 CONDIMENT 1	EACH	185	10	0.00	95	2	0.00	0.00	0	4.00	0.00	0.00	100	0.0	0.00	0.00
001261 Chips, Baked, SourCream&Onion	Bag	0	130	0.50	190	3	3.50	0.00	0	24.00	1.00	2.00	15	20.0	1.20	0.00
Weighted Daily Average			556	3.57	984	*21	10.26	0.25	23	92.55	10.98	24.22	925	324.1	14.27	5.02
% of Calories				5.78%		*15.1%	16.6%	0.4%		66.6%		17.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=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			644	*6.23	1102	*23	20.58	*0.02	*66	84.98	*35.60	27.99	*1113	*354.1	*18.69	*4.05
% of Calories				*8.71%		*14.3%	28.8%	*0.0%		52.8%		17.4%				

- \*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.**