

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Menu Name: PC Lunch K-5
Site: 7 - Pinecrest Elementary School

Include Cost: No
Report Style: Detailed

Tuesday - 01/05/2021

Reimbursable Meal Total 300

	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)
900377 Pizza, French Bread PEPPERONI	pizza	300	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
900083 Peas, Green:Canned 1/2 C	1/2 CUP	300	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900234 Cookie, Sugar	cookie	300	110	1.00	80	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.72
Weighted Daily Average			678	5.80	1103	*28	14.41	0.00	42	102.33	13.38	33.49	1840	604.7	20.30	4.08
% of Calories				7.70%		*16.5%	19.1%	0.0%		60.4%		19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/07/2021

Reimbursable Meal Total 300

	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)
001312 Teriyaki Chicken:Strips	2 OZ	300	101	1.31	361	*N/A*	4.57	0.00	46	1.95	0.00	13.14	0	1.6	0.00	0.24
001148 Rice, Brown 1/2 cup	1/2 CUP	300	198	0.00	1	0	1.56	0.00	0	40.63	2.12	4.18	0	22.2	0.03	0.79

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)	
900111	Corn, Frozen 1/2 cup	1/2 Cup	300	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900066	Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900415	Rice Krispie Treats, mini	each	300	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
Weighted Daily Average				592	1.44	656	*14	8.22	0.00	53	98.21	5.19	27.82	540	202.7	14.33	2.06
% of Calories					2.19%		*9.5%	12.5%	0.0%		66.4%		18.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Friday - 01/08/2021

Reimbursable Meal Total 300

	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)	
001722	Quesadilla, Cheese 2016	each	300	190	6.00	390	1	9.00	0.00	20	18.00	2.00	9.00	400	200.0	1.20	1.44
001466	Peas, Blackeyed: 1/2 Cup	1/2 CUP	300	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
001420	Salsa: 1/4 cup	1/4 CUP	300	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*
900066	Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	200	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			543	6.68	1233	*9	10.46	0.00	27	83.12	11.53	26.57	*900	*431.4	*15.50	*4.22
% of Calories				11.07%		*6.6%	17.3%	0.0%		61.2%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/11/2021

Reimbursable Meal Total 300

	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	300	273	2.48	808	*1	13.03	0.00	*54	21.33	1.94	*17.19	1	29.0	0.00	0.97
900129 Beans, Pinto:1/2 cup	1/2 cup	300	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	300	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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			557	2.50	1320	*9	13.16	0.00	*61	74.61	9.53	*31.47	*500	*287.4	*15.50	*2.45
% of Calories				4.04%		*6.5%	21.3%	0.0%		53.6%		*22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/12/2021

Reimbursable Meal Total 300

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)
001658 Hamburger w/ WG Bun CASE	each	300	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
001240 Tater Tots: 1/2 cup	1/2 Cup	300	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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	300	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			620	5.10	928	*15	22.18	0.00	55	80.08	183.95	27.29	1296	327.6	15.50	4.52
% of Calories				7.40%		*9.7%	32.2%	0.0%		51.7%		17.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/14/2021

Reimbursable Meal Total 300

	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)
001380 Chicken Fajita Wrap	EACH	300	313	7.81	635	*1	16.57	0.00	76	19.00	2.00	23.14	305	220.0	0.00	1.31
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	300	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
001420 Salsa: 1/4 cup	1/4 CUP	300	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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			666	8.50	1478	*9	18.03	0.00	83	84.12	11.53	40.71	*805	*451.4	*14.30	*4.09
% of Calories				11.49%		*5.4%	24.4%	0.0%		50.5%		24.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/15/2021

Reimbursable Meal Total 300

	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)
001456 BBQ pork 2 oz	2oz	300	307	5.31	769	*8	14.43	0.00	96	12.20	1.36	30.53	282	10.7	1.98	1.07
001656 Buns, Hamburger, WG, CASE	each	300	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001410 Beans, Baked: 1/2cup	1/2 CUP	300	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	300	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	100	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	200	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			762	5.33	1397	*27	16.55	0.00	103	100.86	12.30	51.16	1004	312.8	16.37	5.72
% of Calories				6.30%		*14.2%	19.5%	0.0%		52.9%		26.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/19/2021

Reimbursable Meal Total 300

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)
990136 Burrito	5.75 OZ	300	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60
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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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			592	2.25	1013	*10	8.20	0.00	23	97.36	16.68	31.59	*800	*339.7	*17.02	*5.37
% of Calories				3.42%		*6.8%	12.5%	0.0%		65.8%		21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/21/2021

Reimbursable Meal Total 300

	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	300	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	300	71	0.01	1376	*12	0.05	0.00	0	14.37	4.31	4.48	100	29.8	19.41	1.25
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	300	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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

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	200	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			705	4.69	2732	*27	13.51	0.00	17	109.65	17.84	36.05	604	291.1	*33.71	16.04
% of Calories				5.99%		*15.3%	17.2%	0.0%		62.2%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/22/2021

Reimbursable Meal Total 300

	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	300	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	300	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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	300	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			566	4.10	1007	*19	14.54	0.25	22	92.64	5.74	19.02	977	218.9	18.15	2.61
% of Calories				6.52%		*13.4%	23.1%	0.4%		65.5%		13.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/25/2021

Reimbursable Meal Total 300

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)
001288 Tater tot Casserole (Red. Cal)	SVG (3/4 cup)	300	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75
900083 Peas, Green:Canned 1/2 C	1/2 CUP	300	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	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
001043 Animal Crackers WG	1 OZ BAG	300	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			855	9.97	1077	*14	31.67	*0.67	93	94.95	181.99	*39.25	1395	594.1	15.87	4.80
% of Calories				10.49%		*6.5%	33.3%	*0.7%		44.4%		*18.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/26/2021

Reimbursable Meal Total 300

	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	300	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	300	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	300	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	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)
001011 CONDIMENT 4	EACH	300	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			670	4.10	968	*21	15.18	0.00	57	98.92	11.35	35.77	1596	459.1	14.54	7.39
% of Calories				5.51%		*12.5%	20.4%	0.0%		59.1%		21.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/28/2021

Reimbursable Meal Total 300

	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)
001663 Chili Con Carne w/ Beans 1/2c	1/2 CUP	300	191	3.27	178	*3	8.52	*0.55	*47	11.03	*3.84	16.64	728	59.6	11.60	2.14
001315 Grill Cheese Sandwich-2 slices	SANDWICH	300	261	5.06	776	*4	11.11	0.00	25	31.01	2.00	11.06	324	151.9	0.00	2.16
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001687 Crackers, Cheez-It 2016 WG	each	300	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
Weighted Daily Average			728	9.36	1250	*16	23.27	*0.55	*85	89.47	*8.43	*35.98	2051	489.8	25.90	5.42
% of Calories				11.57%		*8.8%	28.8%	*0.7%		49.2%		*19.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/29/2021

Reimbursable Meal Total 300

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)
000987 Corn Dog WG	4 OZ	300	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	300	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	300	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	100	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	200	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	300	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			561	*2.52	861	*25	9.43	*0.00	*47	96.69	*9.19	21.16	914	*258.8	*14.32	*2.70
% of Calories				*4.04%		*17.8%	15.1%	*0.0%		68.9%		15.1%				
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	650	*5.17	1216	*17	15.63	*0.10	*55	93.07	*35.62	*32.67	*1087	*376.4	*17.95	*5.10
% of Calories		*7.16%		*10.5%	21.6%	*0.1%		57.3%		*20.1%				

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.