

Planned Menu Spreadsheet

Portion Values

Jan 5, 2021 thru Jan 29, 2021

Menu Name: SHS Lunch 9-12 **Include Cost:** No
Site: 8 - Sylacauga High School **Report Style:** Detailed

Tuesday - 01/05/2021 Reimbursable Meal Total 222

	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)
900081 Hot Dog w Chili Sauce	CHILI DOG	222	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
001410 Beans, Baked: 1/2cup	1/2 CUP	222	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
900065 Juice Assortment	SERVING	222	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	111	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	111	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990083 Ketchup: Individual Packet (1)	EACH	222	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	222	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			670	7.46	1405	*27	19.16	0.50	40	94.02	10.31	28.59	1457	472.5	13.74	5.66
% of Calories				10.02%		*16.1%	25.7%	0.7%		56.1%		17.1%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/08/2021 Reimbursable Meal Total 150

	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)
990225 Taco Stick	each	150	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00

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	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)
900129 Beans, Pinto:1/2 cup	1/2 cup	150	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	150	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
000541 Salsa: 1/8 cup	1/8 CUP	150	10	0.00	112	*N/A*	0.00	0.00	0	1.90	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
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
001427 MILK, FF CHOCOLATE	HALF PINT	75	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	75	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			699	12.48	1592	*30	18.72	0.00	74	84.60	9.00	36.34	*480	*754.9	*20.85	*3.26
% of Calories				16.07%		*17.2%	24.1%	0.0%		48.4%		20.8%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 01/11/2021

Reimbursable Meal Total 160

	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)
000794 Spicy Chicken Sandwich	Patties	160	290	1.26	585	5	9.05	0.00	28	40.14	3.50	14.30	152	69.9	0.61	3.15
900399 Potato Wedges: FZN 1/2c	serving	160	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001426 MILK, 1% FAT	HALF PINT	40	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	40	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900065 Juice Assortment	SERVING	160	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	160	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18

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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)
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	160	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
Weighted Daily Average			734	3.00	922	*36	18.84	0.00	32	121.45	9.14	22.55	948	320.2	35.41	4.29
% of Calories				3.68%		*19.6%	23.1%	0.0%		66.2%		12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/12/2021

Reimbursable Meal Total 163

	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	163	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
900065 Juice Assortment	SERVING	163	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001428 MILK, FF SKIM	HALF PINT	81	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001427 MILK, FF CHOCOLATE	HALF PINT	81	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990083 Ketchup: Individual Packet (1)	EACH	326	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
001410 Beans, Baked: 1/2cup	1/2 CUP	163	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001542 Cookie, Colored Candy	EACH	163	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35
Weighted Daily Average			677	3.53	831	*52	11.95	0.00	50	112.90	13.34	25.42	677	509.7	13.73	5.15
% of Calories				4.69%		*30.7%	15.9%	0.0%		66.7%		15.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/14/2021

Reimbursable Meal Total 146

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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)
001789 Pizza, Round, 5" Pepperoni	each	146	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
900065 Juice Assortment	SERVING	146	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	146	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001427 MILK, FF CHOCOLATE	HALF PINT	73	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	73	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001653 Peppers, Jalapeno Slices, 1/8c	1oz(1/8c)	146	5	0.00	445	0	0.00	0.00	0	1.01	0.00	0.00	0	0.0	9.11	0.00
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	146	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
Weighted Daily Average			754	*5.71	1587	*47	19.82	*0.00	*15	113.83	*8.61	29.44	720	*603.2	*22.79	*3.84
% of Calories				*6.82%		*24.9%	23.7%	*0.0%		60.4%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/15/2021

Reimbursable Meal Total 165

	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	165	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
900065 Juice Assortment	SERVING	165	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001426 MILK, 1% FAT	HALF PINT	82	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	82	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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	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)
900399 Potato Wedges: FZN 1/2c	-serving	165	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
000816 CONDIMENT 1	EACH	0	10	0.00	95	2	0.00	0.00	0	4.00	0.00	0.00	100	0.0	0.00	0.00
001454 Graham Cracker Snack, Honey	EACH	0	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
Weighted Daily Average			638	4.69	1068	*19	17.56	0.00	18	92.54	6.78	24.55	574	368.0	18.65	12.68
% of Calories				6.62%		*11.9%	24.8%	0.0%		58.0%		15.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/19/2021

Reimbursable Meal Total 154

	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)
001260 Chips, Baked, Regular	BAG	154	130	0.00	150	2	2.00	0.00	0	26.00	2.00	2.00	0	0.0	2.40	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	77	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	77	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
900065 Juice Assortment	SERVING	154	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	154	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
000029 Chicken Patty, WG, Breaded	EACH	154	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94

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	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)
001656 Buns, Hamburger, WG, CASE	each	154	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
Weighted Daily Average			701	1.38	1100	*49	11.11	0.00	36	117.69	6.03	30.95	321	390.1	19.74	3.09
% of Calories				1.77%		*28.0%	14.3%	0.0%		67.2%		17.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	696	*5.46	1215	*37	16.74	*0.07	*38	105.29	*9.03	28.26	*740	*488.4	*20.70	*5.42
% of Calories		*7.06%		*21.3%	21.6%	*0.1%		60.5%		16.2%				

- *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.