

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

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

Thursday - 04/01/2021

Reimbursable Meal Total 425

	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	425	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
001403 Romaine Salad w/extras: 1 cup	1 CUP	425	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
990235 Crackers, Pizza Crunch & Crave	each	425	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	425	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	150	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	275	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	850	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			676	5.05	1153	*25	16.40	0.00	38	101.02	11.19	31.68	5078	767.1	74.12	9.83
% of Calories				6.72%		*14.8%	21.8%	0.0%		59.8%		18.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/02/2021

Reimbursable Meal Total 425

	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	425	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
900222 Chips, Doritos: Cool Ranch WG	bag	425	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	425	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
990001 Juice, Apple	CARTON	425	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	150	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	275	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
990083 Ketchup: Individual Packet (1)	EACH	425	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			637	4.45	1031	*24	15.86	0.00	*47	95.84	9.67	*21.54	1149	330.7	56.61	2.82
% of Calories				6.29%		*15.1%	22.4%	0.0%		60.2%		*13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/05/2021

Reimbursable Meal Total 425

	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)
001456 BBQ pork 2 oz	2oz	425	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	425	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
000122 Potato Wedges: FZN 3 oz	3oz servings	425	128	0.53	150	0	4.27	0.00	0	21.37	2.14	2.14	107	0.0	3.85	0.38
000085 Orange Halves	1/2 EACH	425	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	145	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

Apr 1, 2021 thru Apr 30, 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	280	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	425	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			739	5.86	1406	*23	20.84	0.00	103	91.60	7.17	46.01	1028	253.3	38.15	3.13
% of Calories				7.14%		*12.4%	25.4%	0.0%		49.6%		24.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/06/2021

Reimbursable Meal Total 410

	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	410	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	410	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	410	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	410	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	150	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	260	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

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Portion Values

Apr 1, 2021 thru Apr 30, 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	410	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			779	4.45	1558	*6	26.82	0.00	*77	93.98	8.59	*41.46	934	8556.8	84.30	3.33
% of Calories				5.14%		*3.1%	31.0%	0.0%		48.3%		*21.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/07/2021

Reimbursable Meal Total 425

	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	425	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
900222 Chips, Doritos: Cool Ranch WG	bag	425	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	425	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	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	150	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	275	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	425	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			650	5.13	929	*23	20.32	0.00	55	90.52	8.71	28.46	5971	383.2	7.84	5.14
% of Calories				7.10%		*14.2%	28.1%	0.0%		55.7%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/08/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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)
990150 Cracked Out Chicken Casserole *RESIZED*	3/4 cup	425	313	5.00	729	3	12.32	0.00	70	31.80	1.61	17.58	*323	*81.3	*0.00	*1.22
900083 Peas, Green:Canned 1/2 C	1/2 CUP	425	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001043 Animal Crackers WG	1 OZ BAG	425	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	145	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	280	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			749	5.32	1152	*23	17.82	0.00	78	108.80	13.72	*31.02	*1224	*438.4	*6.94	*4.16
% of Calories				6.39%		*12.3%	21.4%	0.0%		58.1%		*16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/09/2021

Reimbursable Meal Total 425

	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)
990240 Chicken Quesadilla	1 each	425	232	3.36	582	3	5.78	0.00	45	23.80	3.60	21.71	*334	132.8	10.93	1.76
900222 Chips, Doritos: Cool Ranch WG	bag	425	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	425	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	425	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	145	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

Apr 1, 2021 thru Apr 30, 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	280	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			546	4.37	914	*18	10.82	0.00	52	76.74	6.61	31.83	*5491	357.1	12.43	2.61
% of Calories				7.20%		*13.2%	17.8%	0.0%		56.2%		23.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/12/2021

Reimbursable Meal Total 425

	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	425	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	425	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	425	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	425	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	145	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	280	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			565	2.52	1315	*15	13.26	0.00	*61	77.27	11.26	*31.43	*356	*289.8	*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 - 04/13/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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	425	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
001035 Potatoes, Sweet, Fries:1/2c	1/2c servings	425	101	0.00	80	5	3.52	0.00	0	16.15	2.05	1.01	2263	0.7	3.62	0.37
990001 Juice, Apple	CARTON	425	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	145	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	280	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	425	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	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			597	4.08	827	*23	18.56	0.00	55	79.84	4.44	26.90	3400	322.5	4.22	4.67
% of Calories				6.15%		*15.4%	28.0%	0.0%		53.5%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/14/2021

Reimbursable Meal Total 425

	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	425	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
900222 Chips, Doritos: Cool Ranch WG	bag	425	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	425	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17

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Portion Values

Apr 1, 2021 thru Apr 30, 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)
001426 MILK, 1% FAT	HALF PINT	160	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
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
900329 Ketchup, Individual Packet (2)	2 PC	425	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			587	4.59	1006	*28	15.40	0.25	22	95.51	8.35	18.77	5586	274.3	7.78	2.83
% of Calories				7.04%		*19.1%	23.6%	0.4%		65.1%		12.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/15/2021

Reimbursable Meal Total 425

	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)
990244 Egg and Bacon Pocket	each	425	321	8.53	813	1	21.56	0.00	153	20.51	2.00	13.53	*157	*95.9	*0.00	*1.44
000996 Hash Browns	SERVING	425	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
900319 Juice, Orange 4 oz.	4 oz.	425	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	145	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	280	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	10.55	1084	*13	29.66	*0.00	160	65.72	4.02	22.42	*791	*968.4	*35.45	*2.11
% of Calories				15.22%		*8.3%	42.8%	*0.0%		42.1%		14.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Friday - 04/16/2021

Reimbursable Meal Total 425

	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	425	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	425	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
990001 Juice, Apple	CARTON	425	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	145	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	280	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			463	4.50	1332	*17	9.36	*0.00	42	65.42	5.17	26.89	*1091	*572.7	*6.65	*1.26
% of Calories				8.75%		*14.7%	18.2%	*0.0%		56.5%		23.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/19/2021

Reimbursable Meal Total 425

	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	425	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	425	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	425	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	425	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	145	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

Apr 1, 2021 thru Apr 30, 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	280	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			719	2.66	1591	*22	11.63	0.00	44	112.76	12.77	36.93	515	304.9	*1.61	4.58
% of Calories				3.33%		*12.2%	14.6%	0.0%		62.7%		20.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/20/2021

Reimbursable Meal Total 425

	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)
990233 Burrito, IW Mini Pork	each	425	320	4.00	620	1	15.00	0.00	60	31.00	4.00	24.00	2	6.0	0.00	0.00
900129 Beans, Pinto:1/2 cup	1/2 cup	425	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	425	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	425	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	145	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	280	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			672	4.00	1298	*2	20.06	0.00	67	87.11	12.02	39.90	*283	*278.7	*1.79	*1.99
% of Calories				5.36%		*1.2%	26.9%	0.0%		51.9%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 04/21/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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	425	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
900222 Chips, Doritos: Cool Ranch WG	bag	425	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	425	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	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	150	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	275	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	425	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			650	5.13	929	*23	20.32	0.00	55	90.52	8.71	28.46	5971	383.2	7.84	5.14
% of Calories				7.10%		*14.2%	28.1%	0.0%		55.7%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 04/22/2021

Reimbursable Meal Total 425

	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	425	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
990248 Marinara Dipping Sauce	1/4 CUP	425	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
000085 Orange Halves	1/2 EACH	425	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	425	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	145	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

Apr 1, 2021 thru Apr 30, 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	280	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			590	4.02	1331	*15	16.29	0.00	17	82.26	*7.67	*23.35	*458	*382.8	*37.03	*12.96
% of Calories				6.13%		*10.2%	24.8%	0.0%		55.8%		*15.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 04/23/2021

Reimbursable Meal Total 425

	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	425	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	425	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	425	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	145	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	280	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	425	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	425	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	96.25	4.16	18.62	1019	213.0	4.44	2.39
% of Calories				6.30%		*17.8%	22.2%	0.4%		66.0%		12.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 04/26/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 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	425	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
001403 Romaine Salad w/extras: 1 cup	1 CUP	425	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
990235 Crackers, Pizza Crunch & Crave	each	425	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	425	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	145	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	280	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			656	5.05	904	*23	16.40	0.00	38	95.12	11.19	31.69	5065	725.1	74.13	9.83
% of Calories				6.93%		*14.0%	22.5%	0.0%		58.0%		19.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 04/27/2021

Reimbursable Meal Total 425

	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	425	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	425	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.	425	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	145	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	280	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

Apr 1, 2021 thru Apr 30, 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	425	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	92.06	9.76	33.27	1654	1105.7	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									

Wednesday - 04/28/2021

Reimbursable Meal Total 425

	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	425	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
900222 Chips, Doritos: Cool Ranch WG	bag	425	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	425	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	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	145	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	280	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	425	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	425	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			608	4.59	1090	*31	15.40	0.25	22	101.81	8.35	19.07	5743	272.4	7.85	2.84
% of Calories				6.79%		*20.4%	22.8%	0.4%		67.0%		12.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Thursday - 04/29/2021

Reimbursable Meal Total 425

	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)	425	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	425	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
900083 Peas, Green:Canned 1/2 C	1/2 CUP	425	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
000814 Apples, Fresh (HUSSC)	1/2 CUP	425	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	145	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	280	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			834	9.99	1035	*20	31.76	*0.67	91	93.15	183.72	*37.11	1174	549.0	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									

Friday - 04/30/2021

Reimbursable Meal Total 425

	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	425	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	425	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	425	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
990001 Juice, Apple	CARTON	425	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

Apr 1, 2021 thru Apr 30, 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	145	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	280	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	425	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	425	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			653	4.45	1109	*27	15.86	0.00	*47	101.24	9.67	*21.55	1304	328.7	56.62	2.82
% of Calories				6.13%		*16.5%	21.9%	0.0%		62.0%		*13.2%				
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	646	5	1135	*21	17.83	*0.06	*57	90.66	*16.68	*29.47	*2513	*820.8	*26.04	*4.49
% of Calories		6.90%		*13.0%	24.8%	*0.1%		56.1%		*18.2%				

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.