

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 2021

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

Thursday - 08/12/2021 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)
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
000267 Celery Sticks 1/4 cup	1/4 CUP	180	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
001403 Romaine Salad w/extras: 1 cup	1 CUP	45	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
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	140	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	285	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	45	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			458	4.55	857	*20	9.27	0.00	42	67.11	6.62	27.42	1582	588.6	14.45	1.51
% of Calories				8.94%		*17.5%	18.2%	0.0%		58.6%		23.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 08/13/2021 Reimbursable Meal Total 460

	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)
001491 Ham & Cheese Deli Sandwich 2oz	EACH	460	252	2.96	1092	*4	7.75	*0.00	33	31.19	2.00	15.59	*172	80.9	8.68	2.58

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
900222 Chips, Doritos: Cool Ranch WG	bag	460	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001403 Romaine Salad w/extras: 1 cup	1 CUP	120	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
990097 Carrot Sticks 1lb	1/4 CUP	460	13	0.01	29	2	0.05	0.00	0	3.11	1.10	0.24	5213	12.1	0.98	0.34
000086 Oranges	1/2 CUP	460	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	330	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	130	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
001187 Ranch Dressing, RC, Single Ser	12gm	460	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			592	4.22	1597	*21	14.86	*0.00	45	87.69	8.69	26.78	*7115	455.0	75.99	3.66
% of Calories				6.42%		*14.2%	22.6%	*0.0%		59.2%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 08/16/2021

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)
001659 Chicken Sandwich WG Bun - CASE	EACH	425	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	50	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	50	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000267 Celery Sticks 1/4 cup	1/4 CUP	30	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
001490 Watermelon, Chunks: 1/2 cup	1/2 CUP	425	24	0.01	1	5	0.12	0.00	0	6.04	0.32	0.49	455	5.6	6.48	0.19
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	375	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	30	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			545	1.98	1201	*11	13.76	0.00	47	72.22	3.49	31.69	902	221.8	9.76	2.94
% of Calories				3.27%		*8.1%	22.7%	0.0%		53.0%		23.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 08/17/2021

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)
001723 Quesadilla, Chicken WG 2016	each	425	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
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	250	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*
001425 Grapes,Fresh 1/2 cup	1/2 CUP	425	63	0.05	2	14	0.15	0.00	0	16.42	0.82	0.65	60	9.1	2.90	0.33
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

Aug 12, 2021 thru Aug 31, 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)
900450 Sour Cream, Fat Free, Single	1 oz pouch	90	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			404	2.30	660	*15	5.65	0.00	28	63.36	6.55	22.69	*483	*375.7	*4.34	*2.62
% of Calories				5.12%		*14.9%	12.6%	0.0%		62.7%		22.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 08/18/2021

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)
900534 MACARONI AND CHEESE	2/3 CUP	425	321	6.89	961	*9	12.20	*0.00	33	30.52	0.80	22.95	1665	615.3	0.93	0.86
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	150	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	125	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000814 Apples, Fresh (HUSSC)	1/2 CUP	350	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
001187 Ranch Dressing, RC, Single Ser	12gm	150	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			505	6.93	1165	*22	12.44	*0.00	40	66.52	4.32	31.43	5111	811.5	12.43	1.42
% of Calories				12.35%		*17.4%	22.2%	*0.0%		52.7%		24.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 08/19/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
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
001240 Tater Tots: 1/2 cup	1/2 Cup	425	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	30	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
001085 Bananas	1/2 cup	280	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
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	350	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			535	4.62	1011	*15	17.48	*0.25	23	78.55	183.32	18.04	636	216.1	6.50	2.14
% of Calories				7.77%		*11.2%	29.4%	*0.4%		58.7%		13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 08/20/2021

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)
000984 Pizza, Cheese 4X6	servings	0	300	4.00	470	10	11.00	0.00	15	34.00	4.00	16.00	500	300.0	0.00	2.70
001403 Romaine Salad w/extras: 1 cup	1 CUP	50	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
900060 Tomatoes, Fresh 1lb	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000814 Apples, Fresh (HUSSC)	1/2 CUP	300	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	50	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	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			165	0.03	157	*10	0.18	0.00	7	31.06	2.43	8.23	798	183.2	6.26	0.36
% of Calories				0.16%		*24.2%	1.0%	0.0%		75.3%		20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 08/23/2021

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)
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
001447 Celery Sticks: 1/2 cup	1/2 CUP	350	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	80	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001005 Applesauce Cup	SERVING	350	81	0.00	12	*N/A*	0.00	0.00	0	24.24	2.31	0.00	0	0.0	27.70	0.42
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
001187 Ranch Dressing, RC, Single Ser	12gm	80	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	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

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
000816 CONDIMENT 1	EACH	425	10	0.00	95	2	0.00	0.00	0	4.00	0.00	0.00	100	0.0	0.00	0.00
Weighted Daily Average			445	2.50	694	*10	8.02	0.00	47	75.73	7.31	16.97	2469	260.8	23.77	2.45
% of Calories				5.06%		*9.0%	16.2%	0.0%		68.1%		15.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 08/24/2021

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)
001778 Sandwich, IW, WG, Soy Butter &	each	425	290	3.00	220	11	16.00	0.00	0	28.00	4.00	9.00	55	80.0	*N/A*	2.70
900222 Chips, Doritos: Cool Ranch WG	bag	400	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	45	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	45	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
000267 Celery Sticks 1/4 cup	1/4 CUP	45	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
001085 Bananas	1/2 cup	350	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
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
001428 MILK, FF SKIM	HALF PINT	280	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
000945 CONDIMENT 3	EACH	375	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

Sylacauga City Schools

Portion Values

Aug 12, 2021 thru Aug 31, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	40	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			593	4.53	630	*39	24.59	0.00	12	74.35	7.66	19.73	352	419.0	*7.83	3.31
% of Calories				6.88%		*26.3%	37.3%	0.0%		50.2%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 08/25/2021

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)
001727 Spicy Asian Chicken	servings	425	145	1.31	742	*10	4.57	0.00	46	11.77	0.00	13.88	0	0.0	0.00	0.23
990243 Fried Rice	1 cup	425	353	1.74	642	*11	9.80	*0.00	101	59.00	4.75	10.18	6220	62.7	5.25	2.33
001591 Vegetables Stir Fry Mix	1/2 cup	150	18	0.00	114	1	0.00	0.00	0	3.68	0.74	0.74	368	14.7	6.63	0.00
000061 PEPPERS & ONIONS	1/4 CUP	45	32	0.05	4	*1	0.13	*0.00	0	7.43	1.75	1.02	171	17.6	41.18	0.28
000086 Oranges	1/2 CUP	375	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			677	3.09	1564	*32	14.65	*0.00	154	104.25	8.18	33.18	6929	295.8	68.53	2.88
% of Calories				4.11%		*18.9%	19.5%	*0.0%		61.6%		19.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 08/26/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
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
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	100	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	125	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000998 Raisins, Individual Box	Box	200	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
000046 Banana Pudding	1/2 CUP	425	164	1.40	185	*22	1.84	0.00	0	35.07	1.04	2.42	104	22.0	6.45	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			795	6.73	1408	*49	18.46	*0.00	104	108.33	5.95	46.53	2100	263.0	12.04	2.94
% of Calories				7.62%		*24.7%	20.9%	*0.0%		54.5%		23.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 08/27/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990110 Hot Pocket, Pepperoni	4.46 oz	425	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	300	6	0.00	5	0	0.06	0.00	0	1.08	0.42	0.46	101	7.6	14.45	0.12
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	45	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

Aug 12, 2021 thru Aug 31, 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)
000814 Apples, Fresh (HUSSC)	1/2 CUP	350	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
001187 Ranch Dressing, RC, Single Ser	12gm	45	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			478	5.04	844	*16	11.25	0.00	47	66.47	6.26	26.55	1918	439.4	16.23	3.17
% of Calories				9.49%		*13.4%	21.2%	0.0%		55.6%		22.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 08/30/2021

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)
990165 Hot Pocket, Pepperoni *RESIZED*	5.2 OZ	145	350	5.83	793	5	12.83	0.00	47	37.31	3.50	20.99	466	291.5	0.00	3.15
001490 Watermelon, Chunks: 1/2 cup	1/2 CUP	425	24	0.01	1	5	0.12	0.00	0	6.04	0.32	0.49	455	5.6	6.48	0.19
001139 Romaine Lettuce: 1/2 cup	1/2 CUP	45	9	0.01	17	0	0.09	0.00	0	1.69	0.79	0.82	4478	21.8	10.89	0.52
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	45	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	15	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
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

Aug 12, 2021 thru Aug 31, 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)
001187 Ranch Dressing, RC, Single Ser	12gm	375	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			266	2.01	524	*8	4.52	0.00	23	38.97	1.70	15.67	1594	298.5	9.08	1.53
% of Calories				6.80%		*12.0%	15.3%	0.0%		58.6%		23.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 08/31/2021

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	250	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08
001403 Romaine Salad w/extras: 1 cup	1 CUP	45	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
001420 Salsa: 1/4 cup	1/4 CUP	125	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*
000086 Oranges	1/2 CUP	375	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
001187 Ranch Dressing, RC, Single Ser	12gm	45	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00

Planned Menu Spreadsheet

Portion Values

Aug 12, 2021 thru Aug 31, 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)
900450 Sour Cream, Fat Free, Single	1 oz pouch	90	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			555	4.03	930	*13	15.27	0.00	68	74.29	10.60	36.79	*1023	*296.1	*58.35	*0.98
% of Calories				6.54%		*9.4%	24.8%	0.0%		53.5%		26.5%				
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			501	4	946	*20	12.17	*0.02	49	72.06	18.79	25.84	*2358	*366.0	*23.25	*2.28
% of Calories				6.74%		*16.0%	21.9%	*0.0%		57.5%		20.6%				

- *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.