

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

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

Wednesday - 01/05/2022 Reimbursable Meal Total 500

	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	500	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	165	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	165	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	500	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	170	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	330	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	155	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
001011 CONDIMENT 4	EACH	0	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			596	*1.57	1144	*22	10.78	*0.00	*43	90.84	*7.90	32.88	3826	*234.7	*7.60	*3.26
% of Calories				*2.37%		*14.8%	16.3%	*0.0%		61.0%		22.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/06/2022 Reimbursable Meal Total 500

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
990266 Bread, Cheesy Pull Apart ITALIAN	EACH	500	303	6.05	585	5	13.12	0.00	30	33.30	2.02	14.13	0	333.0	0.00	1.92
990248 Marinara Dipping Sauce	1/4 CUP	500	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
000256 Broccoli, RAW, Fresh 1lb	1/4 CUP	155	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	155	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	500	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	170	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	330	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	155	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			516	6.10	1142	*24	13.54	0.00	37	75.69	*7.12	*23.64	*3634	*529.6	*16.74	*2.51
% of Calories				10.64%		*18.6%	23.6%	0.0%		58.7%		*18.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/07/2022

Reimbursable Meal Total 500

	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	500	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	500	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
990097 Carrot Sticks 1lb	1/4 CUP	125	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	500	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13

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Jan 5, 2022 thru Jan 31, 2022

	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	178	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	343	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	500	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				567	4.58	1045	*23	17.43	0.25	23	86.64	185.66	18.86	2284	284.0	65.51	2.22
% of Calories					7.27%		*16.2%	27.7%	0.4%		61.1%		13.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0										

Monday - 01/10/2022

Reimbursable Meal Total 500

	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	500	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
000814 Apples, Fresh (HUSSC)	1/2 CUP	500	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001403 Romaine Salad w/extras: 1 cup	1 CUP	155	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	155	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
001426 MILK, 1% FAT	HALF PINT	170	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	330	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	200	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00

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Jan 5, 2022 thru Jan 31, 2022

	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)
990083 Ketchup: Individual Packet (1)	EACH	200	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			488	3.83	647	*21	12.95	0.00	52	68.20	6.16	26.66	2501	338.1	12.48	4.67
% of Calories				7.06%		*17.2%	23.9%	0.0%		55.9%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/11/2022

Reimbursable Meal Total 500

	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)
990313 CALZONE, CHICKEN ENCHILADA (OSBORN)	each	500	6	0.10	14	0	0.23	0.00	1	0.67	0.06	0.40	0	5.6	0.00	0.04
001722 Quesadilla, Cheese 2016	each	0	160	3.53	204	1	7.00	0.00	20	15.80	2.00	8.00	56	158.0	1.20	1.44
900222 Chips, Doritos: Cool Ranch WG	bag	500	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900129 Beans, Pinto:1/2 cup	1/2 cup	155	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	155	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	500	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	170	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	330	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			347	1.14	427	*14	5.52	0.00	8	59.14	7.31	13.12	*603	*303.4	*64.42	*1.05
% of Calories				2.96%		*16.1%	14.3%	0.0%		68.2%		15.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

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Portion Values

Jan 5, 2022 thru Jan 31, 2022

Wednesday - 01/12/2022

Reimbursable Meal Total 485

	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)	485	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75
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
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001403 Romaine Salad w/extras: 1 cup	1 CUP	125	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	125	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001426 MILK, 1% FAT	HALF PINT	170	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	315	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	125	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			587	9.72	789	*15	26.54	*0.67	91	53.70	175.22	32.17	1709	385.5	11.95	2.25
% of Calories				14.90%		*10.2%	40.7%	*1.0%		36.6%		21.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/13/2022

Reimbursable Meal Total 500

	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)
990273 PIZZA, CHEESE CRUNCHER WG (OSBORN)	SVGS (4 PIECES)	500	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00
990291 BREAD, BISCUIT STICK	SERVINGS	500	122	3.32	409	1	5.53	0.00	0	14.37	0.00	2.21	0	0.0	0.00	0.00

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Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001085 Bananas	1/2 cup	500	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001403 Romaine Salad w/extras: 1 cup	1 CUP	95	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
000267 Celery Sticks 1/4 cup	1/4 CUP	95	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
990097 Carrot Sticks 1lb	1/4 CUP	95	13	0.01	29	2	0.05	0.00	0	3.11	1.10	0.24	5213	12.1	0.98	0.34
001426 MILK, 1% FAT	HALF PINT	170	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	330	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	200	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			729	12.41	1283	*14	25.82	0.00	37	91.87	8.41	31.15	2108	237.8	13.41	10.55
% of Calories				15.32%		*7.7%	31.9%	0.0%		50.4%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/14/2022

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)
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

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Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	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									

Tuesday - 01/18/2022

Reimbursable Meal Total 500

	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)
990225 Taco Stick	each	500	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
900129 Beans, Pinto:1/2 cup	1/2 cup	155	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	155	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*
001123 Lettuce, Chopped	1/4 CUP	90	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	90	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	500	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	170	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	315	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	90	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 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	100	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			568	8.04	910	*16	12.26	0.00	60	74.47	8.33	30.38	*928	*547.5	*15.18	*2.73
% of Calories				12.74%		*11.3%	19.4%	0.0%		52.4%		21.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/19/2022

Reimbursable Meal Total 485

	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)
000661 Chicken Nuggets: 5 nuggets	5 Nuggets	485	231	2.41	415	0	11.57	0.00	53	15.43	1.93	16.39	89	20.2	0.00	0.96
990211 Chicken Bites, Dill	4 pieces	0	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00
900112 Breadstick, Italian	EACH	485	94	0.00	138	*2	1.22	0.00	0	17.55	1.97	3.75	29	13.2	0.17	0.55
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001403 Romaine Salad w/extras: 1 cup	1 CUP	95	10	0.01	15	*0	0.10	0.00	0	1.81	0.80	0.82	3944	21.0	10.09	0.52
001447 Celery Sticks: 1/2 cup	1/2 CUP	125	0	0.00	0	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	170	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	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
900019 Honey Mustard Packet	PACKET	200	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00
001187 Ranch Dressing, RC, Single Ser	12gm	100	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

Jan 5, 2022 thru Jan 31, 2022

	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)
990329 Ketchup, Individual Packet (2)	2 PC	80	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			573	3.28	812	*20	18.41	0.00	64	73.84	7.36	28.54	1282	224.0	9.08	1.96
% of Calories				5.15%		*14.0%	28.9%	0.0%		51.5%		19.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/20/2022

Reimbursable Meal Total 500

	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)
990313 CALZONE, CHICKEN ENCHILADA (OSBORN)	each	500	6	0.10	14	0	0.23	0.00	1	0.67	0.06	0.40	0	5.6	0.00	0.04
001722 Quesadilla, Cheese 2016	each	0	160	3.53	204	1	7.00	0.00	20	15.80	2.00	8.00	56	158.0	1.20	1.44
900222 Chips, Doritos: Cool Ranch WG	bag	500	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900129 Beans, Pinto:1/2 cup	1/2 cup	155	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	155	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	500	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	170	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	330	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			347	1.14	427	*14	5.52	0.00	8	59.14	7.31	13.12	*603	*303.4	*64.42	*1.05
% of Calories				2.96%		*16.1%	14.3%	0.0%		68.2%		15.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Friday - 01/21/2022

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									

Monday - 01/24/2022

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)
001659 Chicken Sandwich WG Bun - CASE	EACH	460	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	120	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	120	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
000267 Celery Sticks 1/4 cup	1/4 CUP	120	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	460	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	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	315	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	200	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	120	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			555	1.75	1151	*17	11.89	0.00	45	79.39	4.41	31.39	507	220.0	66.67	2.80
% of Calories				2.84%		*12.3%	19.3%	0.0%		57.2%		22.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/25/2022

Reimbursable Meal Total 500

	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	500	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
001722 Quesadilla, Cheese 2016	each	0	160	3.53	204	1	7.00	0.00	20	15.80	2.00	8.00	56	158.0	1.20	1.44
900222 Chips, Doritos: Cool Ranch WG	bag	500	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
900129 Beans, Pinto:1/2 cup	1/2 cup	155	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	155	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	500	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	170	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	330	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			490	3.29	693	*15	10.80	0.00	27	73.97	8.74	22.23	*703	*422.7	*64.42	*2.35
% of Calories				6.04%		*12.2%	19.8%	0.0%		60.4%		18.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/26/2022

Reimbursable Meal Total 475

	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)
900534 MACARONI AND CHEESE	2/3 CUP	475	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	475	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	475	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	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	315	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	160	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			536	6.95	1205	*28	12.55	*0.00	40	74.23	6.44	31.82	12478	828.7	14.40	1.92
% of Calories				11.67%		*20.9%	21.1%	*0.0%		55.4%		23.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Thursday - 01/27/2022

Reimbursable Meal Total 475

	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	475	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	475	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	125	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
001425 Grapes,Fresh 1/2 cup	1/2 CUP	475	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	165	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	310	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	475	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			565	4.66	1049	*24	17.97	*0.25	24	85.79	182.93	18.20	735	225.4	6.23	2.36
% of Calories				7.42%		*17.0%	28.6%	*0.4%		60.7%		12.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/28/2022

Reimbursable Meal Total 475

	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)
990302 Pizza, pepperoni, Calzone 2021 (swp)	EACH	475	270	2.50	560	3	7.00	0.00	20	33.00	4.00	19.00	0	310.0	0.00	2.70
001403 Romaine Salad w/extras: 1 cup	1 CUP	150	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	150	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	475	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001085 Bananas	1/2 cup	0	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
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
001426 MILK, 1% FAT	HALF PINT	165	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	310	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	2.55	745	*18	7.30	0.00	27	71.26	7.78	27.65	1753	506.6	12.58	3.26
% of Calories				4.96%		*15.6%	14.2%	0.0%		61.6%		23.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/31/2022

Reimbursable Meal Total 485

	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	485	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
000814 Apples, Fresh (HUSSC)	1/2 CUP	485	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001447 Celery Sticks: 1/2 cup	1/2 CUP	155	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	155	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001426 MILK, 1% FAT	HALF PINT	165	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	320	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	155	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

Jan 5, 2022 thru Jan 31, 2022

	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)
990083 Ketchup: Individual Packet (1)	EACH	485	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000816 CONDIMENT 1	EACH	200	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			449	2.55	654	*24	8.27	0.00	47	73.70	9.01	17.39	3855	274.7	7.57	2.36
% of Calories				5.11%		*21.4%	16.6%	0.0%		65.7%		15.5%				
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	516	*4.59	880	*19	13.12	*0.06	*40	73.67	*36.30	*25.22	*2371	*391.3	*26.75	*2.80
% of Calories		*8.01%		*14.7%	22.9%	*0.1%		57.1%		*19.6%				

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.