

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 2021

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

Monday - 05/03/2021 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)
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
000319 French Fries: Oven Crinkle Cut	1/2 CUP	425	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
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	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
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			709	5.62	1282	*29	18.33	0.00	103	89.99	7.75	45.40	1077	281.6	68.09	2.97
% of Calories				7.13%		*16.4%	23.3%	0.0%		50.8%		25.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/04/2021 Reimbursable Meal Total 420

	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)
900189 Chicken, Bites whole muscle	6 nuggets	420	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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)
001005 Applesauce Cup	SERVING	420	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	420	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
001469 Potatoes, Sweet; 1/2 cup	1/2c servings	420	133	0.44	52	*7	1.15	0.00	0	29.72	3.40	1.45	10433	20.1	12.25	1.08
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	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	60	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	420	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			842	3.94	1368	*11	25.11	0.00	77	115.78	9.32	40.25	10826	8535.1	40.54	3.94
% of Calories				4.21%		*5.2%	26.8%	0.0%		55.0%		19.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/05/2021

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)
001658 Hamburger w/ WG Bun CASE	each	410	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	410	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	410	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	410	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

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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	270	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	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			650	5.13	930	*23	20.32	0.00	55	90.62	8.71	28.47	5968	381.2	7.85	5.14
% of Calories				7.10%		*14.2%	28.1%	0.0%		55.8%		17.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 05/06/2021

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990150 Cracked Out Chicken Casserole *RESIZED*	3/4 cup	410	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	410	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	410	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	410	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	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
Weighted Daily Average			748	5.32	1151	*23	17.82	0.00	78	108.58	13.72	*31.02	*1230	*442.5	*6.92	*4.16
% of Calories				6.40%		*12.3%	21.4%	0.0%		58.1%		*16.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/07/2021

Reimbursable Meal Total 410

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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)
000400 Crisptos (2 EACH)	2 Crisptos	410	440	5.00	640	0	20.00	*N/A*	70	44.00	4.00	18.00	0	0.0	0.00	0.00
900222 Chips, Doritos: Cool Ranch WG	bag	410	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	410	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	410	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	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			759	6.01	978	*15	25.05	*0.00	78	97.67	7.01	28.48	5173	233.4	1.52	0.86
% of Calories				7.13%		*7.9%	29.7%	*0.0%		51.5%		15.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 05/10/2021

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
001469 Potatoes, Sweet; 1/2 cup	1/2c servings	425	133	0.44	52	*7	1.15	0.00	0	29.72	3.40	1.45	10433	20.1	12.25	1.08
001664 Apple Crisp	SERVINGS	425	187	3.33	98	*10	7.60	*0.00	0	29.53	2.05	*1.88	348	13.0	1.95	0.63
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

May 3, 2021 thru May 26, 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)
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
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			692	6.27	800	*26	16.75	*0.00	47	113.29	10.45	*20.21	11288	285.5	14.79	3.69
% of Calories				8.15%		*15.0%	21.8%	*0.0%		65.5%		*11.7%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/11/2021

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)
001658 Hamburger w/ WG Bun CASE	each	410	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	410	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	410	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	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
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			596	4.08	824	*23	18.56	0.00	55	79.41	4.44	26.88	3412	330.7	4.17	4.66
% of Calories				6.16%		*15.4%	28.0%	0.0%		53.3%		18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/12/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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
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	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 - 05/13/2021

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
000331 Grits, Plain 1/2 cup	1/2 CUP	425	153	2.38	168	0	4.32	0.00	0	26.46	0.76	3.02	162	4.6	0.00	1.09
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

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Portion Values

May 3, 2021 thru May 26, 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)
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
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			802	12.96	1302	*18	34.27	*0.00	160	100.45	8.16	26.43	*1117	*333.6	*68.90	*3.20
% of Calories				14.54%		*9.0%	38.5%	*0.0%		50.1%		13.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/14/2021

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)	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									

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 2021

Monday - 05/17/2021

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001517 Barbecue Chicken Sandwich	2 oz servings	410	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	410	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	410	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	410	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	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
Weighted Daily Average			718	2.66	1588	*22	11.63	0.00	44	112.33	12.77	36.92	527	313.1	*1.56	4.58
% of Calories				3.33%		*12.3%	14.6%	0.0%		62.6%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/18/2021

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990233 Burrito, IW Mini Pork	each	410	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	410	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	410	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	410	132	0.00	172	1	5.06	0.00	0	19.24	2.02	2.02	0	20.2	0.00	0.73

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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
Weighted Daily Average			671	4.00	1295	*2	20.06	0.00	67	86.69	12.02	39.89	*295	*287.0	*1.75	*1.98
% of Calories				5.37%		*1.2%	26.9%	0.0%		51.7%		23.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 05/19/2021

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)
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									

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 2021

Thursday - 05/20/2021

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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	410	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	410	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
000086 Oranges	1/2 CUP	410	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001043 Animal Crackers WG	1 OZ BAG	410	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	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
Weighted Daily Average			622	4.04	1328	*22	16.44	0.00	17	89.97	*9.36	*23.83	*629	*421.4	*68.71	*13.02
% of Calories				5.85%		*14.1%	23.8%	0.0%		57.9%		*15.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 05/21/2021

Reimbursable Meal Total 380

	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	380	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	380	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	380	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	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

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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	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	380	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	380	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	96.24	4.16	18.62	1019	213.1	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 - 05/24/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001006 Ham & Cheese Sandwich -Toasted	EACH	425	263	2.89	1036	*4	8.11	*0.00	28	31.68	2.00	16.06	*186	148.4	8.68	2.68
001469 Potatoes, Sweet; 1/2 cup	1/2c servings	425	133	0.44	52	*7	1.15	0.00	0	29.72	3.40	1.45	10433	20.1	12.25	1.08
000272 Cranberry Sauce: canned, 1/4 c	1/4 cup	425	89	0.00	8	17	0.00	0.00	0	20.25	0.81	0.00	0	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			597	3.33	1236	*28	9.27	*0.00	35	98.69	6.21	25.39	*10901	341.0	21.51	3.94
% of Calories				5.02%		*18.8%	14.0%	*0.0%		66.1%		17.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 05/25/2021

Reimbursable Meal Total 425

Planned Menu Spreadsheet

Portion Values

May 3, 2021 thru May 26, 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
000432 Vegetables, Mixed Canned	1/2 CUP	425	97	1.62	238	3	3.56	0.00	0	12.98	2.88	1.44	6653	115.4	1.73	0.52
001664 Apple Crisp	SERVINGS	425	187	3.33	98	*10	7.60	*0.00	0	29.53	2.05	*1.88	348	13.0	1.95	0.63
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
Weighted Daily Average			676	9.95	1056	*18	20.16	*0.00	38	89.65	7.93	*29.20	7802	763.9	4.28	2.33
% of Calories				13.25%		*10.7%	26.8%	*0.0%		53.0%		*17.3%				
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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	669	5	1145	*21	18.43	*0.03	59	95.34	*8.48	*29.12	*4348	*846.7	*19.84	*3.89
% of Calories		7.25%		*12.6%	24.8%	*0.0%		57.0%		*17.4%				

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.