

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Menu Name: NL Lunch 6-8 **Include Cost:** No
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Thursday - 04/01/2021 Reimbursable Meal Total 400

	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)
001607 Lasagna Rolls	PIECES	400	247	5.25	645	*4	9.34	0.00	56	27.74	2.79	12.27	*591	*279.2	*4.18	*1.98
990212 Dinner Roll Dough, WG Sis Shubert	each	0	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	400	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
001465 Applesauce 1/2 cup	1/2 CUP	400	2	0.00	0	0	0.00	0.00	0	0.57	0.09	0.00	2	0.0	0.00	0.00
001453 Graham Cracker Snack, Choc	EACH	0	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			378	6.20	962	*6	12.20	0.00	*59	45.42	5.55	*18.90	*1255	*393.9	*60.55	*2.56
% of Calories				14.76%		*6.3%	29.0%	0.0%		48.1%		*20.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/05/2021 Reimbursable Meal Total 400

	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)
900378 Pizza, Mexican Fiestada	Servings/pizzas	400	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60

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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)
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
000814 Apples, Fresh (HUSSC)	1/2 CUP	400	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
900415 Rice Krispie Treats, mini	each	400	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			635	*6.05	1150	*32	16.54	*0.00	*28	99.21	*9.93	25.22	808	*337.7	*6.71	*4.72
% of Calories				*8.57%		*20.2%	23.4%	*0.0%		62.5%		15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/06/2021

Reimbursable Meal Total 400

	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)
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900137 Beef, Patty Char-Broiled	patty	400	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	400	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
001579 Brownie, Wrapped	EACH	400	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
990083 Ketchup: Individual Packet (1)	EACH	1200	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

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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)
900025 Mayonaise: Individual Packet	PACKET	400	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			668	5.08	805	*44	20.86	0.00	52	99.94	6.42	24.11	1175	231.6	12.16	5.44
% of Calories				6.84%		*26.3%	28.1%	0.0%		59.8%		14.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/07/2021

Reimbursable Meal Total 400

	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	400	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001313 Spaghetti Sauce: Homemade Dipping Sauce	1 CUP	100	71	0.01	1376	*12	0.05	0.00	0	14.37	4.31	4.48	100	29.8	19.41	1.25
900227 Chips, Sun, Original	bag	0	140	1.00	120	0	6.00	0.00	0	19.00	3.00	2.00	0	0.0	0.00	0.36
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	400	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	70	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	75	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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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	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			516	4.66	1592	*11	13.34	0.00	12	72.34	13.03	26.38	104	129.7	*5.02	14.75
% of Calories				8.13%		*8.5%	23.3%	0.0%		56.1%		20.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/08/2021

Reimbursable Meal Total 400

	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)
000029 Chicken Patty, WG, Breaded	EACH	400	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900399 Potato Wedges: FZN 1/2c	serving	400	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
000797 Oranges, Mandarin: 1/2 c	1/2 CUP	400	104	0.00	12	25	0.00	0.00	0	26.50	1.15	1.15	1440	23.0	31.11	0.42
001453 Graham Cracker Snack, Choc	EACH	400	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
990083 Ketchup: Individual Packet (1)	EACH	0	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
900025 Mayonaise: Individual Packet	PACKET	400	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24

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Portion 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	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			799	3.51	1314	*49	21.55	0.00	39	125.93	9.79	30.61	2208	241.4	36.45	4.11
% of Calories				3.95%		*24.5%	24.3%	0.0%		63.0%		15.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/09/2021

Reimbursable Meal Total 400

	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)
001380 Chicken Fajita Wrap	EACH	400	313	7.81	635	*1	16.57	0.00	76	19.00	2.00	23.14	305	220.0	0.00	1.31
900222 Chips, Doritos: Cool Ranch WG	bag	0	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	400	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001399 Peaches: 1/2 cup	1/2 CUP	400	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
000541 Salsa: 1/8 cup	1/8 CUP	400	10	0.00	112	*N/A*	0.00	0.00	0	1.90	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001342 Cheese, Shredded	1oz servings	400	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
001426 MILK, 1% FAT	HALF PINT	50	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	100	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			695	12.81	1223	*1	25.57	0.00	109	74.81	12.29	42.54	*997	*604.2	*5.93	*3.53
% of Calories				16.59%		*0.6%	33.1%	0.0%		43.1%		24.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Monday - 04/12/2021

Reimbursable Meal Total 400

	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	0	240	2.50	390	5	8.00	0.00	40	30.00	5.00	9.00	25	80.0	0.00	1.80
001410 Beans, Baked: 1/2cup	1/2 CUP	400	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
000100 Tangerines, Fresh	1/2 cup	400	45	0.03	2	9	0.26	0.00	0	11.21	1.51	0.68	572	31.1	22.43	0.13
900329 Ketchup, Individual Packet (2)	2 PC	400	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	0.0	0.00	0.00
000650 Mustard: Individual Packet	PC packet	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
900415 Rice Krispie Treats, mini	each	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			262	0.03	308	*20	0.26	0.00	3	54.49	8.89	12.01	1124	193.6	22.85	3.05
% of Calories				0.10%		*30.5%	0.9%	0.0%		83.2%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/13/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001789 Pizza, Round, 5" Pepperoni	each	400	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50

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)
001488 Strawberries, FZN: 1/2 cup	1/2 cup	400	122	0.01	4	*N/A*	0.17	0.00	0	33.05	2.41	0.68	31	14.0	52.80	0.76
001687 Crackers, Cheez-It 2016 WG	each	0	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
001453 Graham Cracker Snack, Choc	EACH	0	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			652	*4.66	1013	*10	15.89	*0.00	*13	105.51	*10.01	*24.94	606	*348.8	*53.16	*4.15
% of Calories				*6.43%		*6.1%	21.9%	*0.0%		64.7%		*15.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/14/2021

Reimbursable Meal Total 400

	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)
001009 Teriyaki Chicken: 2.8oz	2.8 OZ	400	138	2.00	504	3	6.00	0.00	45	4.55	0.00	14.00	15	0.0	1.20	0.36
001148 Rice, Brown 1/2 cup	1/2 CUP	400	198	0.00	1	0	1.56	0.00	0	40.63	2.12	4.18	0	22.2	0.03	0.79
900083 Peas, Green:Canned 1/2 C	1/2 CUP	0	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
900078 Carrots, Glazed (BBuds): 1/2c	1/2 CUP	400	55	0.30	303	*0	0.79	*0.00	0	11.76	2.24	0.72	14843	41.5	2.46	0.67
000797 Oranges, Mandarin: 1/2 c	1/2 CUP	400	104	0.00	12	25	0.00	0.00	0	26.50	1.15	1.15	1440	23.0	31.11	0.42
001426 MILK, 1% FAT	HALF PINT	100	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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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	300	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			608	2.31	964	*28	8.35	*0.00	52	101.28	5.50	27.96	16557	243.9	35.47	2.43
% of Calories				3.42%		*18.4%	12.4%	*0.0%		66.6%		18.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/15/2021

Reimbursable Meal Total 400

	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)
900071 Salisbury Steak & Gravy	Serving	400	295	8.39	673	2	20.12	0.68	60	8.84	1.39	18.94	7	56.9	1.62	2.44
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	400	105	0.00	91	3	1.96	0.00	0	18.29	2.61	3.92	13	8321.0	0.00	1.18
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	400	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	400	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
001399 Peaches: 1/2 cup	1/2 CUP	0	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	0	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			549	8.39	1393	*4	23.62	*0.68	64	53.82	6.96	28.40	*149	*8458.6	*9.10	*4.01
% of Calories				13.75%		*2.9%	38.7%	*1.1%		39.2%		20.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Friday - 04/16/2021

Reimbursable Meal Total 400

	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 (mg)	Vit-C (mg)	Iron (mg)
000977 Barbecue Pork Sandwich	2oz servings	400	513	4.00	1409	16	13.51	0.00	53	68.45	5.52	31.12	268	83.6	1.61	3.73
000319 French Fries: Oven Crinkle Cut	1/2 CUP	400	66	0.27	25	0	1.62	0.00	0	11.53	1.02	1.02	0	0.0	2.05	0.15
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
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	400	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
000069 Pickles, Dill (slices)	servings	0	0	0.00	243	0	0.00	0.00	0	0.00	0.00	0.00	0	0.0	0.00	0.00
001579 Brownie, Wrapped	EACH	0	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			701	4.28	1508	*35	15.28	0.00	57	105.73	7.54	36.55	444	179.6	13.38	4.47
% of Calories				5.50%		*20.0%	19.6%	0.0%		60.3%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/19/2021

Reimbursable Meal Total 400

	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 (mg)	Vit-C (mg)	Iron (mg)
000400 Crisptos (2 EACH)	2 Crisptos	400	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	0	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36

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)
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	400	88	4.42	574	1	6.62	0.00	17	4.42	0.00	2.21	0	0.0	0.00	0.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	400	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			753	*9.42	1469	*17	27.92	*0.00	*90	94.58	*7.60	28.04	218	*79.1	*60.36	*0.60
% of Calories				*11.26%		*9.0%	33.4%	*0.0%		50.2%		14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/20/2021

Reimbursable Meal Total 400

	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	400	360	3.00	870	0	18.00	0.00	65	21.00	1.00	27.00	0	20.0	0.00	1.08
001687 Crackers, Cheez-It 2016 WG	each	400	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
001673 Beans, Green:1/2 cup- w/onions	1/2 CUP	400	22	0.00	230	*N/A*	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
001399 Peaches: 1/2 cup	1/2 CUP	400	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
900415 Rice Krispie Treats, mini	each	400	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
900019 Honey Mustard Packet	PACKET	400	140	2.00	200	6	13.00	0.00	10	7.00	0.00	0.00	0	0.0	0.00	0.00
001427 MILK, FF CHOCOLATE	HALF PINT	150	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			818	6.00	1575	*9	35.85	*0.00	83	88.52	5.79	*31.70	*931	*203.1	*4.37	*2.85
% of Calories				6.60%		*4.4%	39.4%	*0.0%		43.3%		*15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Wednesday - 04/21/2021

Reimbursable Meal Total 398

	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)
001789 Pizza, Round, 5" Pepperoni	each	398	357	4.64	756	5	14.43	0.00	10	40.29	5.00	16.43	357	255.7	0.00	2.80
001687 Crackers, Cheez-It 2016 WG	each	0	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
900083 Peas, Green:Canned 1/2 C	1/2 CUP	398	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	398	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001427 MILK, FF CHOCOLATE	HALF PINT	88	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	43	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			589	4.96	991	*25	15.93	0.00	12	85.89	16.11	*24.59	1069	346.4	6.55	4.91
% of Calories				7.58%		*17.0%	24.3%	0.0%		58.3%		*16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/22/2021

Reimbursable Meal Total 400

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)
900015 Turkey: 3 oz	3oz servings	0	75	0.00	709	0	1.51	0.00	30	3.02	0.00	13.58	0	0.0	0.00	0.00
990242 Brown Rice	1/2 cup	0	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14
000390 Gravy, Chicken 1/4 cup	1/4 cup	400	22	0.14	317	1	0.58	0.18	0	3.74	0.04	0.62	3	*1.8	*0.00	*0.00
990212 Dinner Roll Dough, WG Sis Shubert	each	0	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	400	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
900274 Fruit Cocktail - Canned 1/2c	1/2 Cup	400	101	0.00	13	25	0.00	0.00	0	26.50	1.26	0.00	379	0.0	3.03	0.45
001579 Brownie, Wrapped	EACH	0	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			251	1.10	646	*27	3.44	0.18	*4	47.35	3.97	*7.24	*1044	*116.6	*59.40	*1.03
% of Calories				3.94%		*43.0%	12.3%	0.6%		75.5%		*11.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/23/2021

Reimbursable Meal Total 400

	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)
001627 Sloppy Joe on WG Bun: Homemade	SERVINGS	400	343	4.02	408	*10	12.21	*0.68	58	36.23	3.25	22.11	225	53.8	8.04	2.98
900399 Potato Wedges: FZN 1/2c	serving	400	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
990083 Ketchup: Individual Packet (1)	EACH	400	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

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)
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	400	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
001453 Graham Cracker Snack, Choc	EACH	0	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			642	4.72	701	*30	17.92	*0.68	62	92.76	7.03	29.30	641	149.9	22.77	4.07
% of Calories				6.62%		*18.7%	25.1%	*1.0%		57.8%		18.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Monday - 04/26/2021

Reimbursable Meal Total 400

	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)
990110 Hot Pocket, Pepperoni	4.46 oz	400	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
900083 Peas, Green:Canned 1/2 C	1/2 CUP	400	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
001085 Bananas	1/2 cup	400	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
001734 Rice Krispie Treats, miniCACFP	each	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
001427 MILK, FF CHOCOLATE	HALF PINT	300	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)
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			604	5.36	1013	*18	12.52	0.00	47	87.86	12.75	31.94	1252	437.2	7.20	4.97
% of Calories				7.99%		*11.9%	18.7%	0.0%		58.2%		21.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 04/27/2021

Reimbursable Meal Total 400

	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)
001680 Beef Nachos	SERVINGS	400	285	6.85	614	*0	18.31	0.84	*72	7.55	0.00	*20.48	146	27.6	0.44	1.75
001263 Chips, Baked: Nacho Cheese WG	BAG	0	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36
000541 Salsa: 1/8 cup	1/8 CUP	400	10	0.00	112	*N/A*	0.00	0.00	0	1.90	0.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	400	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001399 Peaches: 1/2 cup	1/2 CUP	400	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
001453 Graham Cracker Snack, Choc	EACH	0	100	1.00	70	20	3.00	0.00	0	19.00	3.00	2.00	500	100.0	0.00	0.72
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			558	*6.85	987	*5	19.60	*0.84	*75	65.91	*4.23	*29.05	*651	*111.1	*4.77	*2.93
% of Calories				*11.05%		*3.6%	31.6%	*1.4%		47.2%		*20.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Planned Menu Spreadsheet

Portion Values

Apr 1, 2021 thru Apr 30, 2021

Wednesday - 04/28/2021

Reimbursable Meal Total 400

	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	400	362	1.52	886	4	10.09	0.00	35	44.07	3.00	23.20	0	39.8	0.00	2.53
001259 Chips, Baked, BBQ	BAG	0	140	0.50	220	4	3.50	0.00	0	24.00	2.00	2.00	100	0.0	1.20	0.36
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	400	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
000100 Tangerines, Fresh	1/2 cup	400	45	0.03	2	9	0.26	0.00	0	11.21	1.51	0.68	572	31.1	22.43	0.13
001427 MILK, FF CHOCOLATE	HALF PINT	150	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			501	2.43	1177	*13	12.60	0.00	39	68.15	*6.40	27.90	*791	*151.8	*22.84	*2.88
% of Calories				4.37%		*10.4%	22.6%	0.0%		54.4%		22.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Thursday - 04/29/2021

Reimbursable Meal Total 400

	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)
001663 Chili Con Carne w/ Beans 1/2c	1/2 CUP	400	191	3.27	178	*3	8.52	*0.55	*47	11.03	*3.84	16.64	728	59.6	11.60	2.14
001706 CHEESE TOAST, OPENFACE	EACH	400	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
001687 Crackers, Cheez-It 2016 WG	each	400	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
001401 Pears: Canned,Light Syrup 1/2c	1/2cup servings	400	132	0.00	25	25	0.00	0.00	0	31.37	1.65	0.00	0	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)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
990001 Juice, Apple	CARTON	400	60	0.00	5	12	0.00	0.00	0	14.00	0.00	0.00	60	0.0	0.00	0.00
001542 Cookie, Colored Candy	EACH	50	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35
001427 MILK, FF CHOCOLATE	HALF PINT	400	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001426 MILK, 1% FAT	HALF PINT	100	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			822	9.46	1168	*43	22.61	*0.55	*86	111.41	*7.61	*34.73	1909	497.3	12.50	4.24
% of Calories				10.36%		*20.9%	24.8%	*0.6%		54.2%		*16.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 04/30/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900081 Hot Dog w Chili Sauce	CHILI DOG	400	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
900399 Potato Wedges: FZN 1/2c	serving	400	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001405 Pineapple Chunks: 1/2 cup	1/2 CUP	400	65	0.01	1	19	0.15	0.00	0	16.84	1.00	0.45	48	17.5	9.39	0.49
000650 Mustard: Individual Packet	PC packet	400	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
990083 Ketchup: Individual Packet (1)	EACH	400	10	0.00	25	2	0.00	0.00	0	3.00	0.00	0.00	100	0.0	0.00	0.00
001579 Brownie, Wrapped	EACH	0	149	0.70	74	14	4.00	0.00	2	26.50	2.00	1.60	23	0.1	0.50	0.60
001427 MILK, FF CHOCOLATE	HALF PINT	150	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001426 MILK, 1% FAT	HALF PINT	50	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
Weighted Daily Average			647	8.17	1355	*25	24.87	0.50	36	88.32	6.71	20.58	1116	145.4	14.73	3.75
% of Calories				11.36%		*15.5%	34.6%	0.7%		54.6%		12.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=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	602	*5.55	1110	*22	17.46	*0.16	*49	84.25	*8.29	*26.79	*1669	*647.7	*22.68	*4.07
% of Calories		*8.30%		*14.6%	26.1%	*0.2%		56.0%		*17.8%				

- *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.