

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

**Menu Name:** NL Lunch 6-8  
**Site:** 6 - Nichols-Lawson Middle School

**Include Cost:** No  
**Report Style:** Detailed

### Thursday - 08/12/2021 Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (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
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	400	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
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
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
001453 Graham Cracker Snack, Choc	EACH	400	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
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			604	4.95	1269	*27	18.57	0.00	*13	86.47	9.99	*22.98	866	160.1	119.28	18.56
% of Calories				7.38%		*17.9%	27.7%	0.0%		57.3%		*15.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 08/13/2021 Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001146 Hot Dog WG	servings	400	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
001345 PINEAPPLE CHUNKS:1/4 CUP	1/4 CUP	400	32	0.01	1	9	0.07	0.00	0	8.25	0.49	0.22	23	8.6	4.60	0.24
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
900329 Ketchup, Individual Packet (2)	2 PC	800	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	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
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			478	3.82	880	*24	12.81	0.25	18	78.46	3.54	13.81	638	127.6	6.99	2.67
% of Calories				7.19%		*20.1%	24.1%	0.5%		65.7%		11.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 08/16/2021

### Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
001772 CHEESE SAUCE, QUESO 1/4 cup	1/4 cup svgs	400	130	5.85	478	0	9.94	0.00	33	2.21	0.00	7.73	442	223.0	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

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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			795	*10.85	1373	*16	31.23	*0.00	*106	92.37	*7.60	33.56	660	*302.1	*60.36	*0.60
% of Calories				*12.28%		*8.1%	35.4%	*0.0%		46.5%		16.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

## Tuesday - 08/17/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
900221 Chips, Corn: Fritos, Bulk	34 chips	400	142	1.01	172	0	6.08	0.00	0	20.25	2.02	2.02	0	20.2	0.00	0.36
900516 BROCCOLI SALAD	1/2 CUP	0	167	0.65	168	24	6.31	*0.03	6	29.11	1.78	1.88	200	31.6	28.79	0.66
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
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
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			831	6.01	1339	*31	37.08	*0.00	78	88.54	4.68	32.98	129	118.8	0.34	1.54
% of Calories				6.51%		*14.9%	40.2%	*0.0%		42.6%		15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

### Wednesday - 08/18/2021

Reimbursable Meal Total 398

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	398	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001085 Bananas	1/2 cup	398	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20
990120 Ranch Dressing: Homemade	1 OZ	0	53	0.57	253	1	4.85	*0.00	10	1.67	0.00	0.50	*101	*17.6	*0.15	*0.01
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			487	4.74	862	*18	14.77	*0.00	12	69.29	9.14	*20.33	*10922	*339.7	*8.69	*3.73
% of Calories				8.76%		*14.8%	27.3%	*0.0%		56.9%		*16.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 08/19/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001654 Slider, Beef (2)	2 pieces	400	237	6.60	416	1	16.16	0.00	54	8.77	0.56	13.67	0	151.0	0.00	1.20
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
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

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Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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
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			703	7.81	962	*47	24.31	0.00	63	97.89	10.94	26.06	698	316.8	10.20	5.18
% of Calories				10.00%		*26.7%	31.1%	0.0%		55.7%		14.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 08/20/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001359 Ham & Cheese Croissant	Each	400	190	3.15	725	*2	8.47	*0.00	24	15.83	1.65	10.59	210	161.3	0.00	1.20
001350 Tomatoes (canned), 1/4 CUP	1/4 CUP	0	7	0.00	103	1	0.00	0.00	0	1.35	0.45	0.45	673	18.0	6.74	0.16
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	400	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
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

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Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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
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			413	3.70	1005	*19	13.76	*0.00	32	55.55	5.22	15.13	456	253.4	7.90	1.90
% of Calories				8.06%		*18.4%	30.0%	*0.0%		53.8%		14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 08/23/2021

Reimbursable Meal Total 426

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
900378 Pizza, Mexican Fiestada	Servings/pizzas	426	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	426	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	426	72	0.04	1	14	0.23	0.00	0	19.06	3.31	0.36	75	8.3	6.35	0.17
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	0	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
001687 Crackers, Cheez-It 2016 WG	each	426	100	1.00	150	*N/A*	3.50	0.00	5	14.00	1.00	*N/A*	500	100.0	0.00	0.72
900415 Rice Krispie Treats, mini	each	426	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

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## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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			732	*7.05	1296	*32	20.04	*0.00	*33	112.67	*10.93	*24.98	1301	*432.9	*6.69	*5.44
% of Calories				*8.67%		*17.5%	24.6%	*0.0%		61.6%		*13.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 08/24/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calc <sup>m</sup> (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
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
000086 Oranges	1/2 CUP	400	65	0.04	0	13	0.30	0.00	0	16.27	3.38	0.99	317	60.6	63.45	0.13
001453 Graham Cracker Snack, Choc	EACH	400	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
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

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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			623	1.85	1345	*23	17.22	*0.00	39	91.16	10.21	27.46	*446	*188.1	*63.84	*7.96
% of Calories				2.67%		*14.8%	24.9%	*0.0%		58.5%		17.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 08/25/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc <sup>m</sup> (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
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
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
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
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
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			284	0.08	307	*20	0.25	0.00	3	60.41	9.33	12.15	600	166.3	6.95	3.12
% of Calories				0.25%		*28.2%	0.8%	0.0%		85.1%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									



# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

### Thursday - 08/26/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
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									

### Friday - 08/27/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
001482 Peas, Green:Canned 1/2 C	1/2 CUP	0	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
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
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	400	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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
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
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			567	2.33	959	*11	8.49	*0.00	52	91.10	5.93	27.21	15337	228.0	18.06	2.23
% of Calories				3.70%		*7.8%	13.5%	*0.0%		64.3%		19.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 08/30/2021

Reimbursable Meal Total 408

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	408	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001562 Spaghetti Sauce 1/8 cup	1/8 CUP	408	17	0.00	134	2	0.14	0.00	0	3.51	0.55	0.57	199	6.4	2.92	0.62
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	408	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	0	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990246 Applesauce, Unsweetened, Cups, Shelf-Stable	4 oz	408	51	0.00	2	11	0.00	0.00	0	13.99	0.99	0.00	0	0.0	60.00	0.00
001453 Graham Cracker Snack, Choc	EACH	408	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
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

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (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
990120 Ranch Dressing: Homemade	1 OZ	0	53	0.57	253	1	4.85	*0.00	10	1.67	0.00	0.50	*101	*17.6	*0.15	*0.01
Weighted Daily Average			588	4.95	1248	*27	18.57	*0.00	*13	83.85	9.99	*21.92	*840	*144.4	*119.17	*18.53
% of Calories				7.58%		*18.4%	28.4%	*0.0%		57.0%		*14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 08/31/2021

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc <sup>m</sup> (mg)	Vit-C (mg)	Iron (mg)
001380 Chicken Fajita Wrap	EACH	400	307	6.69	674	*1	16.55	0.00	76	17.88	1.49	23.12	304	214.9	0.00	1.03
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

# Planned Menu Spreadsheet

## Portion Values

Aug 12, 2021 thru Aug 31, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (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	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			689	11.69	1262	*1	25.55	0.00	109	73.69	11.78	42.52	*996	*599.1	*5.93	*3.25
% of Calories				15.27%		*0.6%	33.4%	0.0%		42.8%		24.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

	Cals <sup>1</sup> (kcal)	S-Fat <sup>1</sup> (g)	Sodm <sup>1</sup> (mg)	Sugars (g)	T-Fat (g)	Tr-Fat <sup>2</sup> (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	607	*5.29	1115	*24	18.42	*0.02	*45	84.80	*8.34	*25.55	*2452	*254.1	*31.98	*5.66
% of Calories		*7.84%		*15.8%	27.3%	*0.0%		55.9%		*16.8%				

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.**