

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

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

### Wednesday - 01/05/2022 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
001240 Tater Tots: 1/2 cup	1/2 Cup	0	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
900236 Corn Nuggets, FZN	1/2 cup	398	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
990322 FRUIT CUP, TROPICAL	each	398	600	0.00	5	14	0.00	0.00	0	15.00	1.00	0.00	0	0.0	0.00	0.00
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
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			1111	5.26	1065	*20	18.12	0.00	12	79.98	7.23	20.87	449	324.1	0.20	3.31
% of Calories				4.26%		*7.2%	14.7%	0.0%		28.8%		7.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 01/06/2022 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)
001470 Sausage Link; 1 link	1 link	0	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001269 Egg Scrambled Squares	EACH	0	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001706 CHEESE TOAST, OPENFACE	EACH	0	181	5.06	616	2	10.11	0.00	25	16.01	1.00	8.06	314	151.9	0.00	1.08
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
990248 Marinara Dipping Sauce	1/4 CUP	0	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
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
Weighted Daily Average			253	2.02	208	*13	8.10	*0.00	3	38.29	*2.02	*4.97	*242	*218.6	*18.40	*0.49
% of Calories				7.19%		*20.6%	28.8%	*0.0%		60.5%		*7.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Friday - 01/07/2022

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)
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
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
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

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
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			593	4.11	890	*36	15.24	0.00	51	90.28	10.77	28.86	1375	315.5	9.70	7.51
% of Calories				6.24%		*24.3%	23.1%	0.0%		60.9%		19.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 01/10/2022

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)
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
900059 Broccoli w/ Cheese(Mix):1/2 c	2/3 CUP	400	30	0.00	201	*2	0.00	0.00	0	7.13	*2.18	*0.00	109	40.2	32.73	0.00
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	400	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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

Jan 5, 2022 thru Jan 31, 2022

	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			489	6.02	1136	*27	14.07	0.00	28	70.67	*7.20	*20.20	5639	506.0	47.06	4.01
% of Calories				11.08%		*22.1%	25.9%	0.0%		57.8%		*16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

**Tuesday - 01/11/2022**

**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)
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
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
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	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 (HUSC)	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
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
001187 Ranch Dressing, RC, Single Ser	12gm	0	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
990083 Ketchup: Individual Packet (1)	EACH	0	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	0	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	0	40	0.50	90	0	4.00	0.00	5	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			528	2.44	1176	*18	12.58	0.00	39	76.01	*8.20	27.58	*293	*129.0	*6.76	*2.92
% of Calories				4.16%		*13.6%	21.4%	0.0%		57.6%		20.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 01/12/2022

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)
990266 Bread, Cheesy Pull Apart ITALIAN	EACH	400	303	6.05	585	5	13.12	0.00	30	33.30	2.02	14.13	0	333.0	0.00	1.92
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
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
990248 Marinara Dipping Sauce	1/4 CUP	400	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*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			572	6.07	1251	*27	13.41	0.00	34	85.34	*12.67	*28.23	*192	*544.7	*16.17	*4.06
% of Calories				9.55%		*18.9%	21.1%	0.0%		59.7%		*19.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 01/13/2022

Reimbursable Meal Total 420

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001483 Red Beans & Rice w/ Sausage	servings	420	448	6.34	1569	*9	20.18	*0.00	*35	53.38	*6.53	16.28	*130	*101.3	*18.38	*3.21
001110 Roll Dough: Rich's, WG: 1 Roll	1 roll serving	0	104	0.00	162	3	2.31	0.00	0	17.36	1.16	3.47	0	0.0	4.63	1.04
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	420	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001707 Apples, Baked: 1/2 cup	SERVINGS	420	158	6.48	147	*0	14.26	0.00	0	7.39	0.89	0.01	648	1.6	0.98	1.18
001427 MILK, FF CHOCOLATE	HALF PINT	200	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			791	*12.82	1985	*14	35.73	*0.00	*39	94.90	*10.03	24.89	*1014	*191.9	*19.80	*5.01
% of Calories				*14.59%		*7.1%	40.7%	*0.0%		48.0%		12.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 01/14/2022

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
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
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
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
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
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			273	2.02	258	*17	8.10	*0.00	3	44.29	2.02	4.97	*442	*218.6	*18.40	*0.49
% of Calories				6.66%		*24.9%	26.7%	*0.0%		64.9%		7.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

## Tuesday - 01/18/2022

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
001240 Tater Tots: 1/2 cup	1/2 Cup	0	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	398	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
900065 Juice Assortment	SERVING	398	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
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

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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	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			574	*4.64	986	*24	15.72	*0.00	*12	84.39	*7.61	22.90	650	*452.3	*13.42	*3.38
% of Calories				*7.28%		*16.7%	24.6%	*0.0%		58.8%		16.0%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 01/19/2022

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)
001491 Ham & Cheese Deli Sandwich 2oz	EACH	400	252	2.96	1092	*4	7.75	*0.00	33	31.19	2.00	15.59	*172	80.9	8.68	2.58
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
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
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
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	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



# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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			500	3.74	1400	*27	13.52	*0.00	41	76.47	4.03	21.02	*549	177.0	20.45	3.33
% of Calories				6.73%		*21.6%	24.3%	*0.0%		61.2%		16.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 01/20/2022

Reimbursable Meal Total 430

	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)
001693 Cracked Out Chicken Casserole	1 cup	415	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
990212 Dinner Roll Dough, WG Sis Shubert	each	415	180	1.50	320	6	5.00	0.00	15	30.00	1.00	4.00	0	0.0	2.00	10.00
000565 Souffle, Sweet Potato	1/2c	415	131	1.44	41	*8	3.22	*0.00	6	24.18	0.95	0.66	3134	19.9	2.05	0.73
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	415	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
001399 Peaches: 1/2 cup	1/2 CUP	415	90	0.00	7	*N/A*	0.00	0.00	0	24.29	1.62	0.74	287	4.4	3.98	0.59
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			863	10.07	1551	*18	25.89	*0.00	113	126.45	*7.34	30.59	*3902	*190.0	*8.03	*12.69
% of Calories				10.50%		*8.3%	27.0%	*0.0%		58.6%		14.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 01/21/2022

Reimbursable Meal Total 400

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
900214 Chicken, Tenders 3 pieces	3 tenders	400	230	2.50	430	0	12.00	0.00	55	16.00	2.00	16.00	100	20.0	1.20	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
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
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
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	0	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
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			524	4.53	805	*27	20.25	*0.00	58	68.93	5.02	21.42	677	116.1	15.79	2.75
% of Calories				7.78%		*20.6%	34.8%	*0.0%		52.6%		16.4%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 01/24/2022

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)
900195 Chicken, Fajita Seasoned Strip	serving	400	116	1.64	450	*N/A*	5.71	0.00	58	0.00	0.00	16.43	0	0.0	0.00	0.29
001455 Tortilla, Soft 8" WG	Each	0	104	0.37	134	1	2.98	0.00	0	17.88	1.49	2.98	4	14.9	0.00	0.80

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001302 Spanish Rice: 1/3 c	1/3 CUP	0	140	0.00	210	*0	0.98	0.00	0	28.61	1.31	2.65	*0	*14.9	*0.00	*0.47
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	0	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001123 Lettuce, Chopped	1/4 CUP	0	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13
001420 Salsa: 1/4 cup	1/4 CUP	0	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*
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
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			294	1.64	599	*13	5.71	0.00	64	33.03	0.00	24.34	*371	*297.1	*13.88	*0.51
% of Calories				5.02%		*17.7%	17.5%	0.0%		44.9%		33.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Tuesday - 01/25/2022

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)
990265 CROISSANT, TURKEY HAM CHEESE (LUNCH)	EACH	400	330	6.00	870	5	14.00	0.00	40	30.00	3.00	20.00	0	268.0	0.00	2.00
900516 BROCCOLI SALAD	1/2 CUP	400	167	0.65	168	24	6.31	*0.03	6	29.11	1.78	1.88	200	31.6	28.79	0.66
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	400	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
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
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

Jan 5, 2022 thru Jan 31, 2022

	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			618	6.74	1119	*40	20.60	*0.03	49	85.53	7.74	25.88	5164	378.7	36.45	3.23
% of Calories				9.82%		*25.9%	30.0%	*0.0%		55.4%		16.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 01/26/2022

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)
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
000996 Hash Browns	SERVING	400	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	0	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
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
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
001453 Graham Cracker Snack, Choc	EACH	0	107	0.00	76	6	3.57	0.00	0	17.86	1.79	1.79	0	8.9	0.00	5.36
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
Weighted Daily Average			607	6.05	638	*30	20.46	*0.68	62	79.16	6.28	27.53	502	149.9	22.63	3.93
% of Calories				8.97%		*19.8%	30.3%	*1.0%		52.2%		18.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

### Thursday - 01/27/2022

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)
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
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	0	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
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
900415 Rice Krispie Treats, mini	each	50	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	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			573	*4.27	544	*28	12.14	*0.55	*60	80.35	*6.49	*26.55	1537	*345.5	*12.50	*3.16
% of Calories				*6.71%		*19.5%	19.1%	*0.9%		56.1%		*18.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 01/28/2022

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)
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
001240 Tater Tots: 1/2 cup	1/2 Cup	400	120	1.00	180	0	7.00	0.00	0	14.00	179.98	1.00	0	0.0	1.20	0.00
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

# Planned Menu Spreadsheet

## Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
900065 Juice Assortment	SERVING	400	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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
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			599	8.46	1343	*20	26.16	0.50	36	72.90	182.91	18.35	1043	267.9	14.74	2.78
% of Calories				12.71%		*13.4%	39.3%	0.8%		48.7%		12.3%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 01/31/2022

Reimbursable Meal Total 415

	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	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	375	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
900274 Fruit Cocktail - Canned 1/2c	1/2 Cup	300	101	0.00	13	25	0.00	0.00	0	26.50	1.26	0.00	379	0.0	3.03	0.45
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	400	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990120 Ranch Dressing: Homemade	1 OZ	400	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	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

Jan 5, 2022 thru Jan 31, 2022

	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)
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			564	5.34	1430	*31	19.22	*0.00	*22	76.79	9.95	*20.38	*11218	*171.8	*61.09	*13.64
% of Calories				8.52%		*22.0%	30.7%	*0.0%		54.5%		*14.5%				
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	574	*5.35	1021	*24	16.95	*0.10	*40	75.76	*16.53	*22.20	*1959	*277.5	*19.75	*4.29
% of Calories		*8.39%		*16.7%	26.6%	*0.2%		52.8%		*15.5%				

- \*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.**