

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

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

### Wednesday - 05/05/2021 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)
001470 Sausage Link; 1 link	1 link	400	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
000325 Toast, WW Bread (No Butter)	1 OZ	400	80	0.00	160	2	1.00	0.00	0	15.00	1.00	3.00	10	0.0	0.00	1.08
001269 Egg Scrambled Squares	EACH	400	45	1.00	125	1	3.00	0.00	105	1.00	0.00	3.00	100	20.0	0.00	0.36
000996 Hash Browns	SERVING	0	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
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
Weighted Daily Average			334	3.04	537	*17	11.23	*0.00	128	43.97	4.31	14.31	314	106.8	6.69	2.06
% of Calories				8.19%		*20.4%	30.3%	*0.0%		52.7%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 05/06/2021 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)
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

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

May 3, 2021 thru May 26, 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)
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
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
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			568	4.38	776	*32	17.85	0.00	51	82.37	4.42	22.51	1167	231.5	11.66	5.20
% of Calories				6.94%		*22.5%	28.3%	0.0%		58.0%		15.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 05/07/2021

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)
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
000565 Souffle, Sweet Potato	1/2c	400	131	1.44	41	*8	3.22	*0.00	6	24.18	0.95	0.66	3134	19.9	2.05	0.73

# Planned Menu Spreadsheet

Sylacauga City Schools

## Portion Values

May 3, 2021 thru May 26, 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)
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
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
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			726	4.34	1150	*41	19.46	*0.00	45	112.96	8.76	28.16	3812	242.0	8.91	4.12
% of Calories				5.38%		*22.6%	24.1%	*0.0%		62.2%		15.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 05/10/2021

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)
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
000814 Apples, Fresh (HUSCC)	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
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

May 3, 2021 thru May 26, 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)
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
<b>Weighted Daily Average</b>			<b>289</b>	<b>0.04</b>	<b>308</b>	<b>*25</b>	<b>0.23</b>	<b>0.00</b>	<b>3</b>	<b>62.34</b>	<b>10.69</b>	<b>11.69</b>	<b>627</b>	<b>170.8</b>	<b>6.77</b>	<b>3.09</b>
% of Calories				0.12%		*34.6%	0.7%	0.0%		86.3%		16.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

## Tuesday - 05/11/2021

## 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)
990226 Grilled Cheese Sandwich	Each	400	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
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
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
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
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
<b>Weighted Daily Average</b>			<b>428</b>	<b>5.05</b>	<b>711</b>	<b>*21</b>	<b>9.39</b>	<b>0.00</b>	<b>34</b>	<b>61.42</b>	<b>8.58</b>	<b>23.43</b>	<b>11394</b>	<b>628.4</b>	<b>65.75</b>	<b>1.90</b>
% of Calories				10.62%		*19.6%	19.7%	0.0%		57.4%		21.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

### Wednesday - 05/12/2021

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)	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
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
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			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									

### Thursday - 05/13/2021

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)	Calc <sup>m</sup> (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
990241 Brown Rice	1/2 cup	400	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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
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			685	10.93	1282	*6	29.74	*0.68	64	69.10	7.21	29.35	*161	*8466.7	*3.02	*3.85
% of Calories				14.36%		*3.5%	39.1%	*0.9%		40.4%		17.1%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Monday - 05/17/2021

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)
001483 Red Beans & Rice w/ Sausage	servings	400	448	6.34	1569	*9	20.18	*0.00	*35	53.38	*6.53	16.28	*130	*101.3	*18.38	*3.21
000314 Corn, Canned, WK, 1/4 cup	1/4cup	400	57	*0.00	88	3	0.63	*0.00	*0	11.33	*1.27	1.89	43	*0.2	*0.01	*0.24
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
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

May 3, 2021 thru May 26, 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)
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			627	*6.38	1730	*25	21.11	*0.00	*38	89.90	*11.18	23.11	*619	*240.8	*82.18	*3.68
% of Calories				*9.16%		*15.9%	30.3%	*0.0%		57.4%		14.7%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

Tuesday - 05/18/2021

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)
001359 Ham & Cheese Croissant	Each	400	185	3.51	735	*1	43.53	*0.00	24	16.00	1.00	11.12	245	164.8	0.00	1.32
001259 Chips, Baked, BBQ	BAG	400	140	0.50	220	4	3.50	0.00	0	24.00	2.00	2.00	100	0.0	1.20	0.36
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
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	0	50	0.00	45	3	0.99	0.00	0	8.93	0.00	0.00	15	0.0	0.00	0.36
001187 Ranch Dressing, RC, Single Ser	12gm	400	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
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
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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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			490	4.06	1213	*24	47.36	*0.00	27	77.20	8.50	17.92	10979	295.8	9.85	2.62
% of Calories				7.46%		*19.6%	87.0%	*0.0%		63.0%		14.6%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 05/19/2021

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)
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
001260 Chips, Baked, Regular	BAG	128	130	0.00	150	2	2.00	0.00	0	26.00	2.00	2.00	0	0.0	2.40	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
001399 Peaches: 1/2 cup	1/2 CUP	200	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	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			797	4.00	1717	*24	14.15	0.00	57	126.20	14.34	43.46	763	248.3	4.79	7.06
% of Calories				4.52%		*12.0%	16.0%	0.0%		63.3%		21.8%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Thursday - 05/20/2021

Reimbursable Meal Total 400



# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
001312 Teriyaki Chicken:Strips	2 OZ	200	101	1.31	361	*N/A*	4.57	0.00	46	1.95	0.00	13.14	0	1.6	0.00	0.24
990242 Brown Rice	1/2 cup	400	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14
001482 Peas, Green:Canned 1/2 C	1/2 CUP	400	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900373 Pineapple, Chunk canned	1/2 cup	400	66	0.01	1	19	0.15	0.00	0	16.95	1.01	0.45	48	17.6	9.45	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
Weighted Daily Average			502	3.49	657	*26	11.01	0.00	26	76.26	9.84	18.70	*735	*133.5	*10.82	*2.75
% of Calories				6.26%		*20.7%	19.7%	0.0%		60.8%		14.9%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Friday - 05/21/2021

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)
001658 Hamburger w/ WG Bun CASE	each	400	275	3.58	417	4	11.04	0.00	43	27.65	2.39	18.01	697	149.2	0.00	4.12
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
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
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	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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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
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			670	*5.17	956	*45	19.58	*0.00	*50	104.45	*9.94	27.66	1738	*317.7	*6.77	*5.60
% of Calories				*6.94%		*26.9%	26.3%	*0.0%		62.4%		16.5%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

## Tuesday - 05/25/2021

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	400	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	400	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	0	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
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
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
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	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

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 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)
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			556	3.01	796	*18	11.57	0.00	48	85.08	7.49	21.13	455	274.5	6.70	2.66
% of Calories				4.87%		*12.9%	18.7%	0.0%		61.2%		15.2%				
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0									

### Wednesday - 05/26/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
990226 Grilled Cheese Sandwich	Each	398	280	5.00	580	5	9.00	0.00	31	30.00	3.00	18.00	523	465.0	0.00	1.00
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
000998 Raisins, Individual Box	Box	398	137	0.00	6	31	0.00	0.00	0	33.07	2.28	1.14	0	22.8	0.00	0.00
001453 Graham Cracker Snack, Choc	EACH	398	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	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			705	*6.00	929	*61	13.29	*0.00	*35	116.80	*10.89	30.00	1267	*681.7	*0.48	*2.35
% of Calories				*7.66%		*34.6%	17.0%	*0.0%		66.3%		17.0%				
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	570	*4.71	957	*28	17.60	*0.10	*48	84.80	*8.74	24.21	*2467	*870.6	*17.64	*3.63

# Planned Menu Spreadsheet

## Portion Values

May 3, 2021 thru May 26, 2021

% of Calories				*7.44%		*19.6%	27.8%	*0.2%		59.5%		17.0%				
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*\*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.