

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 2021

Menu Name: NL Lunch 6-8 **Include Cost:** Yes
Site: 6 - Nichols-Lawson Middle School **Report Style:** Detailed

Friday - 10/01/2021 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)	Cost
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	\$0.159
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	\$0.389
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	\$0.158
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	\$0.098
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	\$0.088
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	\$0.018
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	\$0.036
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	\$0.041
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	\$0.005
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	\$0.005
Weighted Daily Average			592	4.10	893	*30	15.09	0.00	51	88.64	9.77	28.41	1440	437.9	13.51	7.05	\$0.937
% of Calories				6.23%		*20.3%	22.9%	0.0%		59.9%		19.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 10/04/2021 Reimbursable Meal Total 400

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
990295 PIZZA, PERSONAL 5" PEPP (OSBORN)	SERVINGS	400	359	6.98	568	4	15.95	0.00	35	33.89	2.99	19.93	10	39.9	14.95	9.97	\$1.276
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	\$0.215
001526 Broccoli, Seasoned: 1/2c	1/2 cup	0	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00	\$0.279
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	\$0.098
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	\$0.005
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	\$0.005
Weighted Daily Average			596	*6.98	825	*23	17.24	*0.00	*38	81.26	*5.60	27.77	341	*258.9	*28.51	*10.59	\$1.591
% of Calories				*10.54%		*15.4%	26.0%	*0.0%		54.5%		18.6%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 10/05/2021

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)	Cost
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	\$0.897
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	\$0.108
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	\$0.158
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	\$0.175
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	\$0.088
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	\$0.036

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.041
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	\$0.005
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	\$0.005
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	\$1.183
% of Calories				4.16%		*13.6%	21.4%	0.0%		57.6%		20.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 10/06/2021

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)	Cost
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	\$0.400
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	\$0.078
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	\$0.205
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	\$0.088
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	\$0.041
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	\$0.035
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	\$0.036
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	\$0.005

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Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
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	\$0.797
% of Calories				6.73%		*21.6%	24.3%	*0.0%		61.2%		16.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 10/07/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.401
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	\$0.208
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	\$0.215
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	\$0.434
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	\$0.005
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	\$0.005
Weighted Daily Average			648	*8.34	1004	*30	18.63	*0.55	*81	81.24	*6.49	34.61	1349	*397.3	*12.50	*3.48	\$1.049
% of Calories				*11.58%		*18.5%	25.9%	*0.8%		50.1%		21.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 10/08/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.546
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	\$0.123
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	\$0.192
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	\$0.098
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	\$0.036
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	\$0.018
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	\$0.005
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	\$0.005
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	\$0.823
% of Calories				12.71%		*13.4%	39.3%	0.8%		48.7%		12.3%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 10/12/2021

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)	Cost
990319 MINI CORN DOGS (OSBORN)	each	400	270	3.50	410	5	12.00	0.00	40	30.00	5.00	10.00	0	15.0	0.00	10.00	\$0.698
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	\$0.364
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	\$0.158
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	\$0.015

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.205
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	\$0.035
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	\$0.036
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	\$0.005
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	\$0.005
Weighted Daily Average			619	4.01	816	*28	15.65	*0.00	48	93.67	8.00	22.36	455	218.4	11.49	11.10	\$1.273
% of Calories				5.83%		*18.1%	22.8%	*0.0%		60.5%		14.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 10/13/2021

Reimbursable Meal Total 420

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
990106 Sausage Link: 2 links	2 links	420	160	4.00	356	0	14.00	0.00	40	0.00	0.00	8.00	0	0.0	0.00	0.72	\$0.267
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	\$0.208
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	\$0.184
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*	\$0.133
000996 Hash Browns	SERVING	420	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36	\$0.124
001085 Bananas	1/2 cup	0	67	0.08	1	9	0.25	0.00	0	17.13	1.95	0.82	48	3.8	6.52	0.20	\$0.070
900065 Juice Assortment	SERVING	420	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
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	\$0.005
Weighted Daily Average			410	6.02	561	*13	22.10	*0.00	43	37.86	2.02	12.78	*236	*214.8	*18.38	*1.20	\$0.491
% of Calories				13.21%		*12.7%	48.5%	*0.0%		36.9%		12.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 10/14/2021

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)	Cost
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	\$0.159
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	\$0.389
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	\$0.078
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	\$0.215
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	\$0.281
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	\$0.018
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	\$0.036
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	\$0.041
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	\$0.005

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			554	4.37	742	*36	16.71	*0.00	51	83.10	4.68	22.05	1483	214.0	5.30	4.81	\$1.039
% of Calories				7.10%		*26.0%	27.1%	*0.0%		60.0%		15.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 10/15/2021

Reimbursable Meal Total 410

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
900214 Chicken, Tenders 3 pieces	3 tenders	410	230	2.50	430	0	12.00	0.00	55	16.00	2.00	16.00	100	20.0	1.20	1.80	\$0.524
990320 BREAD, MINI PARKERHOUSE ROLLS (OSBORN)	each	410	80	1.00	125	2	2.50	0.00	0	11.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.137
001443 Beans, Lima, Canned: 1/2 cup	1/2 CUP	0	89	*0.00	138	0	0.00	*0.00	*0	15.82	*4.94	5.93	4	*39.5	*0.00	*1.78	\$0.186
001460 Broccoli w/Cheese Seasoned1/2c	1/2 CUP	0	65	*1.32	446	*3	3.52	*0.00	*4	8.60	*1.68	*1.79	152	*87.5	*24.06	*0.08	\$0.440
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	410	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31	\$0.088
000797 Oranges, Mandarin: 1/2 c	1/2 CUP	410	104	0.00	12	25	0.00	0.00	0	26.50	1.15	1.15	1440	23.0	31.11	0.42	\$0.191
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	\$0.083
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	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			603	*5.46	840	*35	27.23	*0.00	*67	69.46	*4.16	*20.26	*6454	*116.8	*33.44	*2.59	\$1.024
% of Calories				*8.15%		*23.2%	40.6%	*0.0%		46.1%		*13.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 10/19/2021

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 ^m (mg)	Vit-C (mg)	Iron (mg)	Cost
001288 Tatertot Casserole (Red. Cal)	SVG (3/4 cup)	400	398	9.67	612	*0	26.26	*0.67	84	16.16	171.61	23.66	273	191.9	1.42	1.75	\$0.655
990328 BREAD, HAWAIIAN ROLL DOUGH WG	each	0	128	1.42	85	7	2.84	0.00	14	19.84	0.00	4.25	0	19.8	0.00	1.42	\$0.121
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	\$0.116
900361 Pears, Sliced canned 1/2 cup	1/2 cup	400	77	0.00	14	14	0.00	0.00	0	18.34	0.96	0.00	0	0.0	0.00	0.00	\$0.254
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	\$0.088
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	\$0.005
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	\$0.005
Weighted Daily Average			554	9.67	930	*15	26.62	*0.67	87	47.80	174.75	27.63	*402	*270.6	*1.81	*1.85	\$1.027
% of Calories				15.71%		*10.8%	43.2%	*1.1%		34.5%		19.9%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 10/20/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$1.416
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	\$0.124
990309 BROCCOLI (1/2 CUP)	1/2 CUP	0	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32	\$0.178
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	\$0.088
900065 Juice Assortment	SERVING	0	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
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	\$0.070
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	\$0.018
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	\$0.005
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	\$0.005
Weighted Daily Average			582	8.11	1082	*16	22.39	*0.00	43	70.59	7.98	25.01	4964	347.1	12.52	2.94	\$1.700
% of Calories				12.54%		*11.0%	34.6%	*0.0%		48.5%		17.2%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Thursday - 10/21/2021

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)	Cost
001449 Beef Patty Breaded	SERVINGS	400	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78	\$0.443
990320 BREAD, MINI PARKERHOUSE ROLLS (OSBORN)	each	400	80	1.00	125	2	2.50	0.00	0	11.00	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	\$0.137

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	0	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38	\$0.256
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	\$0.116
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	\$0.059
001513 Gravy Mix, Country	1/2 cup	0	16	0.46	65	*0	0.91	*0.00	0	2.28	0.00	0.00	2	0.5	0.00	0.00	\$0.016
000927 Peach Cup	4 OZ	400	84	0.00	10	*N/A*	0.00	0.00	0	18.90	0.00	0.00	315	0.0	1.26	0.00	\$0.347
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	\$0.005
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	\$0.005
Weighted Daily Average			643	10.10	1148	*2	27.44	*0.00	56	71.39	4.56	*20.04	*1194	*340.7	*8.74	*4.17	\$1.105
% of Calories				14.14%		*1.2%	38.4%	*0.0%		44.4%		*12.5%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 10/22/2021

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)	Calcm (mg)	Vit-C (mg)	Iron (mg)	Cost
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	\$0.762
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	\$0.201
900129 Beans, Pinto:1/2 cup	1/2 cup	0	90	0.00	140	0	0.00	0.00	0	16.00	6.00	6.00	0	80.0	1.20	1.08	\$0.137
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	\$0.215
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	\$0.088

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
900065 Juice Assortment	SERVING	50	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02	\$0.098
000999 Yogurt Choice	4 oz	0	80	0.00	65	13	0.00	0.00	5	16.03	0.00	4.01	65	150.3	0.00	0.00	\$0.107
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	\$0.005
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	\$0.005
Weighted Daily Average			551	*4.65	1036	*13	15.77	*0.00	*13	77.23	*8.62	24.49	5401	*363.4	*2.92	*3.71	\$1.080
% of Calories				*7.60%		*9.4%	25.8%	*0.0%		56.1%		17.8%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Monday - 10/25/2021

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)	Cost
990273 PIZZA, CHEESE CRUNCHER WG (OSBORN)	SVGS (4 PIECES)	400	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00	\$1.019
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	0	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13	\$0.108
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	\$0.097
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	\$0.215
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	\$0.098
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	\$0.005

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
Weighted Daily Average			674	*9.00	1284	*25	21.43	*0.00	*33	91.46	*9.59	*28.82	*356	*264.1	*22.27	*10.62	\$1.431
% of Calories				*12.02%		*14.8%	28.6%	*0.0%		54.3%		*17.1%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Tuesday - 10/26/2021

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)	Cost
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	\$0.642
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	\$0.200
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	\$0.337
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	\$0.088
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	\$0.005
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	\$0.005
Weighted Daily Average			618	6.01	1166	*10	14.02	0.00	28	95.46	14.29	30.43	917	448.9	*6.05	5.85	\$1.183
% of Calories				8.75%		*6.5%	20.4%	0.0%		61.8%		19.7%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Wednesday - 10/27/2021

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost	
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	\$0.846
900222	Chips, Doritos: Cool Ranch WG	bag	400	130	1.00	160	1	5.00	0.00	0	19.00	2.00	2.00	5	40.0	0.00	0.36	\$0.201
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	\$0.551
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	\$0.007
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	\$0.088
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	\$0.083
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	\$0.005
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	\$0.005
Weighted Daily Average				761	6.95	1547	*9	38.86	0.00	*78	64.68	5.76	*35.62	670	174.8	56.37	2.02	\$1.691
% of Calories					8.22%		*4.7%	46.0%	0.0%		34.0%		*18.7%					
Weekly Nutrient Guideline				600 - 700	<10	1360		<=0										

Thursday - 10/28/2021

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)	Cost	
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	\$0.159
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	\$0.389
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	\$0.123
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	\$0.098

Planned Menu Spreadsheet

Sylacauga City Schools

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.088
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	\$0.018
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	\$0.036
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	\$0.041
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	\$0.005
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	\$0.005
Weighted Daily Average			571	5.10	889	*24	22.09	0.00	51	74.27	182.37	22.03	1217	354.0	14.62	4.22	\$0.901
% of Calories				8.04%		*16.8%	34.8%	0.0%		52.0%		15.4%					
Weekly Nutrient Guideline			600 - 700	<10	1360		<=0										

Friday - 10/29/2021

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)	Cost
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	\$0.541
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	\$0.124
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	\$0.018
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	\$0.205
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	\$0.088
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	\$0.005

Planned Menu Spreadsheet

Portion Values

Oct 1, 2021 thru Oct 29, 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)	Cost
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	\$0.005
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	\$0.890
% of Calories				8.97%		*19.8%	30.3%	*1.0%		52.2%		18.1%					
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)	Cost
Weighted Averages	590	*6.29	1017	*21	20.74	*0.13	*50	75.40	*34.21	*25.09	*1540	*270.8	*16.47	*4.69	\$1.117
% of Calories		*9.59%		*14.2%	31.6%	*0.2%		51.1%		*17.0%					

- *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.