

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Menu Name: PC Lunch K-5
Site: 7 - Pinecrest Elementary School

Include Cost: No
Report Style: Detailed

Wednesday - 01/05/2022 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)
990273 PIZZA, CHEESE CRUNCHER WG (OSBORN)	SVGS (4 PIECES)	420	420	9.00	670	3	20.00	0.00	30	41.00	6.00	20.00	10	45.0	4.00	10.00
990248 Marinara Dipping Sauce	1/4 CUP	420	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	420	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	320	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	120	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
001556 Dressings, Assorted: Singles	SERVINGS	0	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
Weighted Daily Average			829	11.29	1811	*15	24.38	*0.00	44	111.43	*18.69	*42.22	*11720	*359.9	*50.62	*14.08
% of Calories				12.26%		*7.2%	26.5%	*0.0%		53.8%		*20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/06/2022 Reimbursable Meal Total 375

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001269 Egg Scrambled Squares	EACH	375	50	1.00	50	1	3.00	0.00	115	1.00	0.00	4.00	100	27.0	0.00	0.36
001470 Sausage Link; 1 link	1 link	375	80	2.00	178	0	7.00	0.00	20	0.00	0.00	4.00	0	0.0	0.00	0.36
000996 Hash Browns	SERVING	375	132	2.02	132	*N/A*	8.10	*N/A*	0	14.17	2.02	1.01	0	0.0	4.86	0.36
001752 BISCUIT, SOUTHERN STYLE NON-WG	EACH	375	210	4.51	421	3	9.02	0.00	0	28.06	1.00	5.01	0	100.2	0.00	1.44
900065 Juice Assortment	SERVING	375	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
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	270	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
000277 Jelly, Assorted	Each	0	35	0.00	2	6	0.00	0.00	0	9.00	0.00	0.00	28	0.0	0.00	0.00
Weighted Daily Average			648	9.53	926	*17	27.12	*0.00	142	75.85	3.02	21.82	472	425.6	18.71	2.74
% of Calories				13.24%		*10.5%	37.7%	*0.0%		46.8%		13.5%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/07/2022

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)
990211 Chicken Bites, Dill	4 pieces	400	160	1.00	380	1	5.00	0.00	50	9.00	0.00	18.00	0	18.0	0.00	1.00
900083 Peas, Green:Canned 1/2 C	1/2 CUP	400	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
900072 Potatoes, Creamed: 1/2 cup	1/2 CUP	0	71	0.00	326	0	1.18	0.00	0	13.39	0.79	1.58	0	1.9	7.09	0.29
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
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
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
Weighted Daily Average			460	1.30	718	*15	6.41	0.00	57	64.05	9.38	31.52	1025	208.6	14.38	3.29
% of Calories				2.54%		*13.0%	12.5%	0.0%		55.7%		27.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/10/2022

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)
000984 Pizza, Cheese 4X6	servings	400	300	4.00	470	10	11.00	0.00	15	34.00	4.00	16.00	500	300.0	0.00	2.70
001443 Beans, Lima, Canned: 1/2 cup	1/2 CUP	400	89	*0.00	138	0	0.00	*0.00	*0	15.82	*4.94	5.93	4	*39.5	*0.00	*1.78
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
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

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
990311 FRESH VEGGIE DELIGHT	1/2 CUP	200	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			580	*4.03	784	*20	11.22	*0.00	*22	87.16	*11.63	30.68	5038	*516.4	*21.01	*5.22
% of Calories				*6.25%		*13.8%	17.4%	*0.0%		60.1%		21.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/11/2022

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)
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
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
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
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
001011 CONDIMENT 4	EACH	400	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
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
Weighted Daily Average			642	4.10	937	*21	15.18	0.00	54	95.18	11.35	33.70	1499	397.5	14.46	7.36
% of Calories				5.75%		*13.1%	21.3%	0.0%		59.3%		21.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Wednesday - 01/12/2022

Reimbursable Meal Total 375

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
001312 Teriyaki Chicken:Strips	2 OZ	375	101	1.31	361	*N/A*	4.57	0.00	46	1.95	0.00	13.14	0	1.6	0.00	0.24
990241 Brown Rice	1/2 cup	375	207	2.54	215	2	7.30	0.00	0	28.66	1.03	2.53	*12	*10.1	*1.00	*0.14
001228 Broccoli w/ Cheese(Can): 1/2c	1/2 cup	375	72	0.95	244	*1	2.86	0.00	*0	8.20	2.67	*2.67	534	36.2	56.03	0.48
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	375	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	275	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	175	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
001556 Dressings, Assorted: Singles	SERVINGS	0	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
990261 Cookie, Fortune, WG, IW	1 Each	0	12	0.00	0	2	0.00	0.00	0	3.01	0.00	0.17	0	0.5	0.00	0.00
Weighted Daily Average			647	7.46	1234	*13	19.41	*0.00	*65	81.37	8.84	*32.59	*19354	*377.8	*116.35	*3.36
% of Calories				10.38%		*8.0%	27.0%	*0.0%		50.3%		*20.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/13/2022

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 (mg)	Vit-C (mg)	Iron (mg)
990225 Taco Stick	each	420	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00

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Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	420	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
001420 Salsa: 1/4 cup	1/4 CUP	420	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	420	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	320	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			672	8.02	1243	*10	12.14	0.00	59	92.30	13.25	37.03	*727	*605.9	*22.12	*3.98
% of Calories				10.74%		*6.0%	16.3%	0.0%		54.9%		22.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/14/2022

Reimbursable Meal Total 370

	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)
900094 Spaghetti Bake	1 CUP	370	442	8.21	481	*5	18.66	0.68	87	36.96	3.43	*24.83	*781	*241.0	*5.69	*2.69
001679 Beans, Green, Seasoned 1/2 cup	1/2 CUP	370	38	0.88	217	*0	2.25	0.00	0	3.96	*1.89	0.07	*90	*2.4	*0.07	*0.13
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	370	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	370	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

Jan 5, 2022 thru Jan 31, 2022

	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)
990311 FRESH VEGGIE DELIGHT	1/2 CUP	170	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			701	9.13	913	*16	21.13	0.68	95	83.23	*7.92	*35.76	*5133	*453.7	*26.46	*3.60
% of Calories				11.72%		*9.1%	27.1%	0.9%		47.5%		*20.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Tuesday - 01/18/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000029 Chicken Patty, WG, Breaded	EACH	400	193	1.31	508	0	7.00	0.00	31	14.88	0.88	15.75	0	0.0	0.00	0.94
001656 Buns, Hamburger, WG, CASE	each	400	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
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
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
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
001011 CONDIMENT 4	EACH	400	50	0.50	185	2	4.00	0.00	5	5.00	0.00	0.00	100	0.0	0.00	0.00
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	0	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15

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Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
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
Weighted Daily Average			625	2.11	1167	*14	14.75	0.00	42	92.42	5.47	30.06	579	204.1	16.42	2.94
% of Calories				3.04%		*9.0%	21.2%	0.0%		59.1%		19.2%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/19/2022

Reimbursable Meal Total 365

	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)
001693 Cracked Out Chicken Casserole	1 cup	365	416	6.61	971	4	16.35	0.00	94	42.40	2.14	23.38	*431	*108.3	*0.00	*1.63
001482 Peas, Green:Canned 1/2 C	1/2 CUP	365	122	0.28	187	5	1.27	0.00	0	20.76	7.80	5.19	546	26.4	0.02	1.90
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	365	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	265	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001348 MINI CHEF SALAD	EACH	0	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47
001556 Dressings, Assorted: Singles	SERVINGS	0	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
Weighted Daily Average			715	6.91	1307	*18	17.76	*0.00	100	97.11	11.52	36.87	*1461	*303.1	*14.38	*3.93
% of Calories				8.70%		*10.1%	22.4%	*0.0%		54.3%		20.6%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/20/2022

Reimbursable Meal Total 410

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000987 Corn Dog WG	4 OZ	410	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	410	141	0.00	184	*7	0.00	0.00	0	28.37	7.38	7.38	223	84.0	0.09	2.82
001199 Cole Slaw, Low Fat: 1/4 cup	1/4 CUP	210	33	0.27	61	*1	2.67	*0.00	5	2.05	0.42	0.26	84	8.6	5.84	0.11
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	410	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	310	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990099 CONDIMENT 2	EACH	410	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
Weighted Daily Average			605	2.66	902	*26	9.50	*0.00	49	103.63	14.18	24.83	1069	331.7	17.46	5.09
% of Calories				3.96%		*17.2%	14.1%	*0.0%		68.5%		16.4%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/21/2022

Reimbursable Meal Total 415

	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)
001283 Beefy Mac	3/4C	415	319	5.43	646	*6	13.01	*0.67	66	25.93	3.56	23.00	919	88.8	20.29	2.51
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	415	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	415	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	315	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990311 FRESH VEGGIE DELIGHT	1/2 CUP	115	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			620	*5.46	992	*21	14.49	*0.67	*73	85.18	*8.37	35.43	3732	*259.1	*38.38	*3.60
% of Calories				*7.93%		*13.5%	21.0%	*1.0%		55.0%		22.9%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/24/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001017 Cheese Stix (2)	Serving	400	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
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
001466 Peas, Blackeyed: 1/2 Cup	1/2 CUP	400	159	0.66	471	*0	1.32	0.00	0	27.84	7.95	9.28	0	53.0	*0.00	2.38
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
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
000267 Celery Sticks 1/4 cup	1/4 CUP	0	5	0.01	26	0	0.06	0.00	0	0.96	0.52	0.22	145	13.0	1.00	0.06
Weighted Daily Average			653	4.68	1718	*17	13.60	0.00	17	99.08	*14.51	*32.58	*498	*247.3	*19.09	*14.80
% of Calories				6.45%		*10.4%	18.7%	0.0%		60.7%		*20.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Tuesday - 01/25/2022

Reimbursable Meal Total 425

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc (mg)	Vit-C (mg)	Iron (mg)
001146 Hot Dog WG	servings	425	233	3.54	567	4	10.12	0.25	15	27.84	2.02	8.61	71	40.5	0.00	1.82
005077 Chili Sauce: 1/4 C	1/4 cup	0	60	1.00	371	1	2.51	0.00	5	6.02	2.01	3.01	1255	20.1	0.00	1.08
900398 Potato, Rounds: 1/2 cup	serving	425	120	1.00	180	0	7.00	0.00	0	14.00	180.00	1.00	0	0.0	1.20	0.00
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	425	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	325	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990099 CONDIMENT 2	EACH	425	30	0.00	145	6	0.00	0.00	0	10.00	0.00	0.00	300	0.0	0.00	0.00
990311 FRESH VEGGIE DELIGHT	1/2 CUP	125	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			569	4.57	1058	*20	17.31	0.25	22	88.00	184.26	18.18	3231	209.7	19.49	2.43
% of Calories				7.23%		*14.1%	27.4%	0.4%		61.9%		12.8%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Wednesday - 01/26/2022

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 (mg)	Vit-C (mg)	Iron (mg)
001705 Chicken Nachos w/ Chips	SERVINGS	410	282	3.45	716	*0	14.97	0.00	*54	20.36	1.94	*17.19	1	9.6	0.00	0.27
001422 Beans, Pinto:1/2c (w/ ham base)	1/2 CUP	410	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001420 Salsa: 1/4 cup	1/4 CUP	410	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*
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	410	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
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	310	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
990311 FRESH VEGGIE DELIGHT	1/2 CUP	110	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			617	3.48	1342	*9	15.15	0.00	*60	83.32	12.79	*34.45	*2654	*295.2	*19.68	*2.42
% of Calories				5.08%		*5.8%	22.1%	0.0%		54.0%		*22.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Thursday - 01/27/2022

Reimbursable Meal Total 400

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
900378 Pizza, Mexican Fiestada	Servings/pizzas	400	340	6.01	851	10	14.02	0.00	25	39.06	4.01	17.02	501	250.4	0.00	3.60
900236 Corn Nuggets, FZN	1/2 cup	400	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
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
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
001348 MINI CHEF SALAD	EACH	0	196	5.64	567	*3	9.71	*0.00	26	18.33	7.62	12.75	39268	348.7	96.33	4.47

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
001556 Dressings, Assorted: Singles	SERVINGS	0	107	1.17	333	7	7.67	0.00	5	8.67	0.33	0.00	13	0.0	*0.00	0.00
Weighted Daily Average			634	6.64	1260	*20	17.85	*0.00	32	92.27	6.82	27.18	980	427.0	*14.38	4.46
% of Calories				9.43%		*12.6%	25.3%	*0.0%		58.2%		17.1%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Friday - 01/28/2022

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)
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
900083 Peas, Green:Canned 1/2 C	1/2 CUP	400	123	0.28	187	5	1.27	0.00	0	20.90	7.80	5.21	546	26.3	0.00	1.88
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
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
001043 Animal Crackers WG	1 OZ BAG	400	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			828	9.97	1045	*14	31.67	*0.67	90	91.21	181.99	*37.18	1297	532.5	15.80	4.76
% of Calories				10.84%		*6.8%	34.4%	*0.7%		44.1%		*18.0%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

Monday - 01/31/2022

Reimbursable Meal Total 400

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

	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)
990110 Hot Pocket, Pepperoni	4.46 oz	400	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
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
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
990311 FRESH VEGGIE DELIGHT	1/2 CUP	0	28	0.02	49	4	0.16	0.00	0	6.36	2.22	0.86	8110	25.2	13.28	0.65
Weighted Daily Average			532	5.33	1134	*12	11.93	*0.00	47	77.92	6.82	27.03	15722	455.8	16.84	3.79
% of Calories				9.02%		*9.0%	20.2%	*0.0%		58.6%		20.3%				
Weekly Nutrient Guideline			550 - 650	<10	1230		<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	643	*5.93	1138	*17	16.72	*0.13	*59	88.93	*29.49	*31.62	*4233	*367.3	*26.45	*5.10
% of Calories		*8.30%		*10.6%	23.4%	*0.2%		55.3%		*19.7%				

- *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.