

Planned Menu Spreadsheet

Portion Values

Jan 5, 2022 thru Jan 31, 2022

Menu Name: SHS Lunch 9-12 **Include Cost:** No
Site: 8 - Sylacauga High School **Report Style:** Detailed

Wednesday - 01/05/2022 Reimbursable Meal Total 449

	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)
990110 Hot Pocket, Pepperoni	4.46 oz	153	300	5.00	680	4	11.00	0.00	40	32.00	3.00	18.00	400	250.0	0.00	2.70
900399 Potato Wedges: FZN 1/2c	serving	432	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
990309 BROCCOLI (1/2 CUP)	1/2 CUP	25	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	25	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
000339 Fruit, Canned, Assorted	1/2 CUP	256	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
001426 MILK, 1% FAT	HALF PINT	25	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	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001187 Ranch Dressing, RC, Single Ser	12gm	200	10	0.00	125	1	0.00	0.00	0	3.00	0.00	0.00	5	20.0	0.00	0.00
Weighted Daily Average			390	2.37	511	*23	9.12	0.00	15	67.20	4.55	10.27	1072	258.1	21.66	1.61
% of Calories				5.47%		*23.6%	21.0%	0.0%		68.9%		10.5%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/06/2022 Reimbursable Meal Total 475

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)
000029 Chicken Patty, WG, Breaded	EACH	474	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	474	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
001439 Romaine Lettuce: 1 cup	1 CUP	180	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	180	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	180	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	200	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	140	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	135	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	25	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			410	1.33	869	*14	9.13	0.00	32	58.76	4.94	22.96	7987	138.7	16.04	3.20
% of Calories				2.92%		*13.7%	20.0%	0.0%		57.3%		22.4%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/07/2022

Reimbursable Meal Total 499

	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	499	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	0	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 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)
001432 Cole Slaw: Low Fat, 1/2 cup	1/2 CUP	297	20	0.08	23	*1	0.80	*0.00	2	3.19	0.84	0.52	77	17.1	11.69	0.22
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	205	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
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
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
990083 Ketchup: Individual Packet (1)	EACH	500	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	200	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			384	2.55	517	*25	8.51	*0.00	43	61.91	6.38	11.81	2363	265.4	20.10	2.20
% of Calories				5.98%		*26.0%	19.9%	*0.0%		64.5%		12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 01/10/2022

Reimbursable Meal Total 498

	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)
000794 Spicy Chicken Sandwich	Patties	498	290	1.26	585	5	9.05	0.00	28	40.14	3.50	14.30	152	69.9	0.61	3.15
001526 Broccoli, Seasoned: 1/2c	1/2 cup	110	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00
001407 Tomatoes (fresh) 1/4 C, Sliced	1/4 CUP	110	10	0.02	3	1	0.11	0.00	0	2.21	0.68	0.50	472	5.7	7.77	0.15
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	110	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31

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)
900064 Dressing, Ranch, 1oz pouch	1 oz.	250	76	1.42	217	1	7.56	0.00	5	1.89	0.00	0.94	5	18.9	0.00	0.00
900065 Juice Assortment	SERVING	490	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	153	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	0	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	0	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			421	*1.98	711	*24	12.89	*0.00	*30	63.55	*4.55	14.96	1484	*225.2	*21.52	*3.33
% of Calories				*4.23%		*22.8%	27.6%	*0.0%		60.4%		14.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/11/2022

Reimbursable Meal Total 432

	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)
001723 Quesadilla, Chicken WG 2016	each	432	150	2.25	280	1	5.50	0.00	20	15.50	1.50	9.50	100	125.0	0.00	1.35
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
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	200	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990310 VEGGIE SALAD	1/2 CUP	210	33	0.02	170	4	0.12	0.00	0	8.31	1.85	0.54	7845	42.3	2.43	0.57
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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	50	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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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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			283	2.27	422	*24	5.63	0.00	21	46.41	3.96	11.43	8899	302.4	14.60	2.07
% of Calories				7.22%		*33.9%	17.9%	0.0%		65.6%		16.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/13/2022

Reimbursable Meal Total 445

	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)
900102 Steak Nuggets: 8 CASE	8 pc serving	445	340	9.00	630	0	24.00	1.00	55	16.00	2.00	14.00	0	20.0	0.00	1.80
900236 Corn Nuggets, FZN	1/2 cup	447	117	0.61	258	1	3.69	0.00	0	19.05	1.23	1.84	0	12.3	0.00	0.44
990309 BROCCOLI (1/2 CUP)	1/2 CUP	200	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	108	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	347	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
900065 Juice Assortment	SERVING	350	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	50	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	25	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)
001043 Animal Crackers WG	1 OZ BAG	0	130	0.00	95	*N/A*	4.00	0.00	0	20.00	1.00	*N/A*	0	150.0	0.00	0.72
Weighted Daily Average			589	9.64	941	*20	27.91	1.00	56	65.53	5.52	*18.17	2961	192.1	39.28	2.77
% of Calories				14.73%		*13.6%	42.6%	1.5%		44.5%		*12.3%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/14/2022

Reimbursable Meal Total 528

	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	528	300	4.00	740	6	12.00	0.00	10	34.00	4.00	14.00	4	30.0	0.00	12.00
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	200	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001439 Romaine Lettuce: 1 cup	1 CUP	285	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	285	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	285	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001089 Cookie, Chocolate Chip, 1 OZ	1 OZ	320	110	1.00	70	9	4.00	0.00	0	18.00	1.00	1.00	45	0.0	0.00	0.36

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990248 Marinara Dipping Sauce	1/4 CUP	500	16	0.00	357	*3	0.14	0.00	0	3.09	*0.98	*0.98	*15	*0.0	*4.71	*0.00
Weighted Daily Average			527	*4.63	1234	*33	15.23	*0.00	*11	79.12	*8.14	*19.33	*5186	*177.2	*29.21	*13.16
% of Calories				*7.91%		*25.0%	26.0%	*0.0%		60.1%		*14.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Tuesday - 01/18/2022

Reimbursable Meal Total 222

	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)
900081 Hot Dog w Chili Sauce	CHILI DOG	222	348	7.46	992	4	19.16	0.50	32	30.79	2.93	13.39	701	49.3	0.00	2.66
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
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
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
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	222	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
990083 Ketchup: Individual Packet (1)	EACH	222	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	222	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	111	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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001426 MILK, 1% FAT	HALF PINT	111	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			530	7.46	1221	*20	19.16	*0.50	40	65.65	2.93	21.22	1234	388.5	13.65	2.84
% of Calories				12.67%		*15.1%	32.5%	*0.8%		49.5%		16.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 01/19/2022

Reimbursable Meal Total 258

	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)
001449 Beef Patty Breaded	SERVINGS	258	329	9.10	384	0	23.40	0.00	53	14.80	1.60	14.50	750	260.0	0.00	3.78
001753 Beans, Green, 1/2 c, Ranch	1/2 CUP	245	22	0.00	498	*0	0.36	*0.00	0	4.39	2.17	0.01	*0	*0.2	*0.05	*0.00
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
000339 Fruit, Canned, Assorted	1/2 CUP	0	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	210	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	50	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	0	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08

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)
001454 Graham Cracker Snack, Honey	EACH	0	110	0.00	140	11	3.00	0.00	0	20.00	7.00	1.29	280	5.0	3.00	2.00
Weighted Daily Average			433	9.11	901	*14	23.76	*0.00	54	36.39	3.66	16.86	*883	*425.4	*10.97	*3.86
% of Calories				18.94%		*12.9%	49.4%	*0.0%		33.6%		15.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/20/2022

Reimbursable Meal Total 476

	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)
900137 Beef, Patty Char-Broiled	patty	504	136	3.60	119	0	9.10	0.00	43	0.80	0.40	13.10	700	110.0	0.00	2.70
001012 Cheese Slice	EACH	0	51	2.53	228	0	4.56	0.00	13	0.51	0.00	2.53	152	75.9	0.00	0.00
001656 Buns, Hamburger, WG, CASE	each	504	139	0.00	298	4	1.99	0.00	0	26.86	1.99	4.97	0	39.8	0.00	1.43
900111 Corn, Frozen 1/2 cup	1/2 Cup	0	68	0.10	104	3	0.95	0.00	0	13.27	1.49	2.21	25	0.5	0.00	0.28
900065 Juice Assortment	SERVING	280	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001439 Romaine Lettuce: 1 cup	1 CUP	0	18	0.02	34	0	0.18	0.00	0	3.37	1.57	1.64	8957	43.5	21.77	1.04
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
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
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
000339 Fruit, Canned, Assorted	1/2 CUP	250	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	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)
900329 Ketchup, Individual Packet (2)	2 PC	500	20	0.00	50	4	0.00	0.00	0	6.00	0.00	0.00	200	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	100	0	0.00	70	0	0.00	0.00	0	1.00	0.00	0.00	0	0.0	0.00	0.00
Weighted Daily Average			561	4.24	711	*26	18.49	0.00	51	77.04	3.98	*21.30	1109	408.6	9.89	5.14
% of Calories				6.80%		*18.5%	29.7%	0.0%		54.9%		*15.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/21/2022

Reimbursable Meal Total 419

	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)
990225 Taco Stick	each	419	345	8.00	630	1	12.00	0.00	52	31.00	3.00	20.00	251	328.0	6.00	2.00
001197 Beans, Black: Canned: 1/4c	1/4 CUP	257	58	0.00	90	1	0.00	0.00	0	10.23	3.19	3.83	3	95.8	0.00	1.72
001139 Romaine Lettuce: 1/2 cup	1/2 CUP	167	9	0.01	17	0	0.09	0.00	0	1.69	0.79	0.82	4478	21.8	10.89	0.52
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	167	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
000154 Tortilla Chips (1oz -10 chips)	1oz servings	0	142	1.01	76	0	7.09	0.00	0	18.22	2.02	2.02	0	0.0	0.00	0.00
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	160	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	25	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)
001527 Carrots, Baby, Stmd&Ssd 1/2 c	1/2 cup	50	77	0.04	178	*9	0.24	0.00	0	18.21	5.28	1.17	25020	60.1	4.72	1.64
Weighted Daily Average			497	8.01	746	*19	12.10	0.00	53	63.45	6.48	24.37	5297	552.6	24.99	3.61
% of Calories				14.51%		*15.3%	21.9%	0.0%		51.1%		19.6%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Monday - 01/24/2022

Reimbursable Meal Total 466

	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)
990136 Burrito	5.75 OZ	466	279	2.23	403	1	8.06	0.00	16	38.80	7.50	15.71	300	60.0	1.20	3.60
900399 Potato Wedges: FZN 1/2c	serving	432	167	0.69	194	0	5.56	0.00	0	27.78	2.78	2.78	139	0.0	5.00	0.50
001123 Lettuce, Chopped	1/4 CUP	52	2	0.00	4	0	0.02	0.00	0	0.42	0.20	0.21	1120	5.4	2.72	0.13
001475 Tomatoes (fresh) Diced 1/8 c	1/8 CUP	52	5	0.01	1	1	0.06	0.00	0	1.10	0.34	0.25	236	2.8	3.88	0.08
001371 Olives, Black, Sliced, Ripe	1/8 cup	52	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
001342 Cheese, Shredded	1oz servings	0	110	5.00	180	*N/A*	9.00	0.00	30	0.00	0.00	7.00	300	200.0	0.00	0.00
900065 Juice Assortment	SERVING	446	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
000339 Fruit, Canned, Assorted	1/2 CUP	50	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
001427 MILK, FF CHOCOLATE	HALF PINT	50	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)
001428 MILK, FF SKIM	HALF PINT	25	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			525	2.99	636	*17	13.57	0.00	17	84.30	10.26	19.65	721	223.7	19.70	4.16
% of Calories				5.13%		*13.0%	23.3%	0.0%		64.2%		15.0%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Wednesday - 01/26/2022

Reimbursable Meal Total 480

	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)
900377 Pizza, French Bread PEPPERONI	pizza	480	270	4.50	690	5	9.00	0.00	35	30.00	3.00	19.00	750	400.0	6.00	1.08
001493 Corn, Canned, WK, 1/2 cup	1/2 CUP	425	116	*0.00	181	5	1.29	*0.00	*0	23.26	*2.61	3.88	89	*0.5	*0.02	*0.50
001526 Broccoli, Seasoned: 1/2c	1/2 cup	50	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00
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
001371 Olives, Black, Sliced, Ripe	1/8 cup	128	41	1.01	223	0	3.04	0.00	0	2.03	0.00	0.00	0	0.0	0.00	0.00
000339 Fruit, Canned, Assorted	1/2 CUP	200	74	0.00	9	15	0.03	0.00	0	18.68	1.17	0.10	92	3.4	3.69	0.18
900065 Juice Assortment	SERVING	350	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 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)
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	0.00	0.07
Weighted Daily Average			496	*4.78	962	*29	10.99	*0.00	*37	75.74	*5.95	25.00	1005	*560.5	*19.67	*1.67
% of Calories				*8.67%		*23.4%	19.9%	*0.0%		61.1%		20.2%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Thursday - 01/27/2022

Reimbursable Meal Total 445

	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)
001705 Chicken Nachos w/ Chips	SERVINGS	445	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	447	130	0.00	235	0	0.00	0.00	0	23.20	8.67	8.71	0	115.6	*1.73	1.56
900066 Fruit- Fresh, Frozen, Canned	1/2 cup	347	63	0.02	6	*8	0.14	0.00	0	16.33	1.58	0.40	221	7.2	13.70	0.22
001427 MILK, FF CHOCOLATE	HALF PINT	50	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	25	95	0.00	100	*N/A*	0.00	0.00	11	11.32	0.00	7.64	445	283.5	0.00	0.07
001140 Carrots, Baby, RAW, 1/2 Cup	1/2 CUP	108	26	0.02	59	4	0.10	0.00	0	6.23	2.19	0.48	10425	24.2	1.97	0.67
990309 BROCCOLI (1/2 CUP)	1/2 CUP	200	15	0.01	15	1	0.16	0.00	0	2.92	1.14	1.24	274	20.7	39.25	0.32
900065 Juice Assortment	SERVING	350	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02

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)
000340 Graham Cracker Snacks:Sortd WG	1 POUCH	0	109	0.17	107	8	3.19	0.00	0	19.62	3.26	1.69	93	4.6	1.00	2.45
Weighted Daily Average			545	3.48	1004	*18	15.17	0.00	*55	74.06	12.93	*28.26	2962	285.4	*41.02	2.36
% of Calories				5.75%		*13.2%	25.1%	0.0%		54.4%		*20.7%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=0									

Friday - 01/28/2022

Reimbursable Meal Total 440

	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)
001654 Slider, Beef (2)	2 pieces	440	237	6.60	416	1	16.16	0.00	54	8.77	0.56	13.67	0	151.0	0.00	1.20
001526 Broccoli, Seasoned: 1/2c	1/2 cup	165	11	*0.00	15	1	0.00	*0.00	*0	2.94	*1.47	0.00	109	*14.7	*22.08	*0.00
001263 Chips, Baked: Nacho Cheese WG	BAG	450	128	0.49	198	0	4.94	0.00	0	19.75	1.98	1.98	99	0.0	0.00	0.36
900063 Carrots, Baby, RAW: 1/4 Cup	1/4 CUP	275	12	0.01	27	2	0.05	0.00	0	2.88	1.01	0.22	4812	11.2	0.91	0.31
000377 Cucumber, RAW: 1/4 cup	1/4 CUP	165	5	0.00	1	1	0.06	0.00	0	0.82	0.26	0.22	27	5.3	1.21	0.08
900067 Fruit, Fresh, Assorted 1/2c	1/2 CUP	200	49	0.04	3	*8	0.23	0.00	0	12.51	1.86	0.56	340	10.6	16.38	0.18
900065 Juice Assortment	SERVING	240	64	0.00	4	13	0.00	0.00	0	15.20	0.00	0.00	113	140.0	13.20	0.02
001542 Cookie, Colored Candy	EACH	163	111	0.96	72	9	3.86	0.00	5	17.36	0.96	0.96	0	0.0	0.00	0.35
001428 MILK, FF SKIM	HALF PINT	50	83	0.12	103	29	0.20	0.00	5	12.15	0.00	8.26	37	298.9	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)	Calcm (mg)	Vit-C (mg)	Iron (mg)
001427 MILK, FF CHOCOLATE	HALF PINT	100	120	0.00	160	*N/A*	0.00	0.00	5	20.00	0.00	8.00	196	115.0	0.90	0.24
Weighted Daily Average			516	*7.50	719	*21	22.82	*0.00	*57	58.51	*5.07	19.28	3424	*306.8	*24.15	*2.08
% of Calories				*13.08%		*16.3%	39.8%	*0.0%		45.4%		14.9%				
Weekly Nutrient Guideline			750 - 850	<10	1420		<=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	474	*4.82	807	*22	14.97	*0.10	*38	65.17	*5.95	*18.99	*3106	*314.0	*21.76	*3.60
% of Calories		*9.15%		*18.6%	28.4%	*0.2%		55.0%		*16.0%				

- *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.